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THESIS**

**STUDY AND PROPOSAL IMPROVEMENT OF RADIATION EFFECTS
ON HUMAN BODY AND ENVIRONMENT**

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APPROVAL

This thesis paper titled “**STUDY AND PROPOSAL IMPROVEMENT OF RADIATION EFFECTS ON HUMAN BODY AND ENVIRONMENT**” submitted by Amir Hossain and Ditpo Chandra Paul to the Department of Electrical and Electronics Engineering, Daffodil International University, has been accepted as satisfactory for the partial fulfilment of the requirements for the degree of B.Sc. in Electrical and Electronics Engineering and approved as to its style and contents. This presentation was held on July 2019.

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DECLARATION

We hereby declare that, this thesis paper has been done by us under the supervision of Mr. Md. Sohel Rana, Lecturer, Department of Electrical and Electronics Engineering of Daffodil International University. We also declare that neither this thesis paper nor any part of this thesis paper has been submitted elsewhere for award of any degree or diploma.

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ABSTRACT

In the race to grip fresher technologies, we regularly forget or ignore the negative side of it and do not appreciate its effect on us and our environment until late. Over the years, mobile phone use has histrionically improved in Bangladesh and around the world because of increasing access to this technology. The study skimpy an association between wireless technology, electromagnetic radiation (EMR), health hitches and anxieties about human exposure to radiofrequency (RF) is not a new one. The accommodations and culminations determined in the utilization of GSM cell phone is being uncovered by cases of opposite consequences for human wellbeing by radiation originating from this gadget. The opposite impact of cell phone radiation on human wellbeing is the subject of current intrigue and study. The perseverance of this paper is to study the relationship between cell phones, nuclear, EMR, and environment. This paper is also a try to make the reader aware of the hazard to human life and environment caused by mobile devices and recommends some solution.

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CHAPTER 1

INTRODUCTION

1.1 INTRODUCTION

Radiation is vitality going through space.

Daylight is one of the most commonplace types of radiation. It conveys light, warmth and sustans. While getting a charge out of and relying upon it, we control our introduction to it.

Past bright radiation from the sun are higher-vitality sorts of radiation which are utilized in prescription and which we as a whole get in low dosages from space, from the air, and from the earth and shakes.

By and large we can allude to these sorts of radiation as ionizing radiation. It can make harm matter, especially living tissue. At abnormal states it is along these lines risky, so it is important to control our presentation.

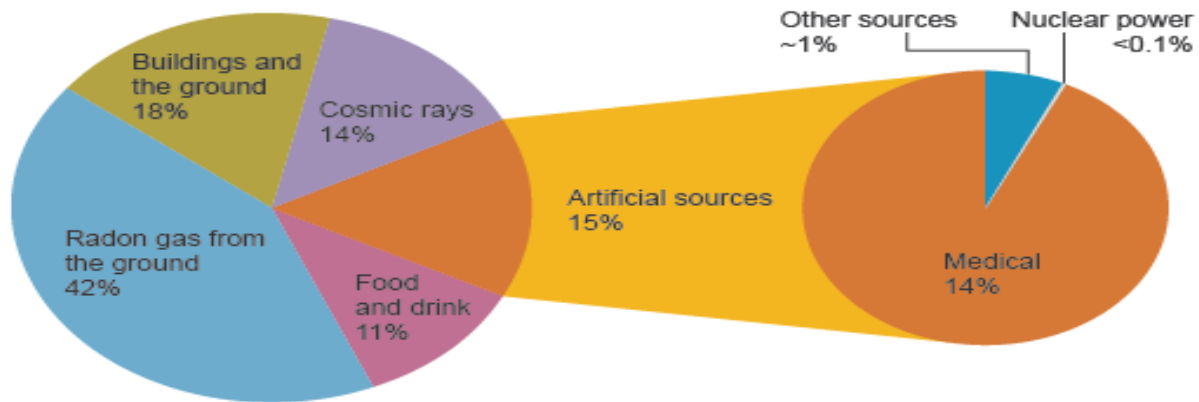
While we can't feel this radiation, it is promptly identified and estimated, and introduction can undoubtedly be checked.

Living things have developed in a situation which has critical degrees of ionizing radiation.

Moreover, numerous individuals owe their lives and wellbeing to such radiation delivered falsely. Medicinal and dental X-beams observe shrouded issues. Different sorts of ionizing radiation are utilized to analyze illnesses, and a few people are treated with radiation to fix sickness.

Ionizing radiation, for example, happens from uranium metals and atomic squanders, is a piece of our human condition, and dependably has been so. At abnormal states it is risky, yet at low levels, for example, we as a whole encounter normally, it is innocuous. Impressive exertion is committed to guaranteeing that those working with atomic power are not presented to destructive degrees of radiation from it. Benchmarks for the overall population are set around multiple times lower still, well underneath the levels ordinarily experienced by any of us from normal sources.

Background Radiation

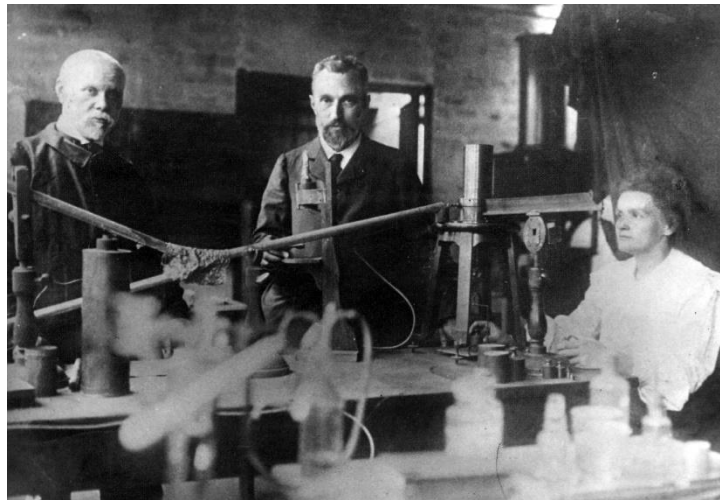


(Figure 1.1)

CHAPTER 2

History of radiation

2.1 History of radiation



(Figure 2.1) Marie and Pierre Curie with Henri Becquerel

The cutting edge comprehension of ionizing radiation got its begin in 1895 with Wilhelm Rontgen. During the time spent leading different tests in applying flows to various vacuum tubes, he found that, notwithstanding covering one out of a screen to square light, there appeared to be beams infiltrating through to respond with a barium arrangement on a screen he'd set adjacent. After a few analyses, including taking the principal photograph (of his significant other's hand and skeletal structure) with the new beams, he named them "X-Rays" incidentally as an assignment of something obscure, and the name stuck.

"It appeared at initial another sort of undetectable light. It was unmistakably something new, something unrecorded..." - WILHELM RÖNTGEN

This disclosure was tailed in 1896 by Henri Becquerel's revelation that uranium salt radiated comparative beams normally. Despite the fact that initially feeling that the beams were emitted by bright uranium salts after delayed presentation to the sun, he in the long run relinquished this theory. Through further experimentation including non-glowing uranium, he rather came to perceive that it was simply the material that emitted the beams.

In spite of the fact that it was Henri Becquerel that found the wonder, it was his doctoral understudy, Marie Curie, who named it: radioactivity. She would proceed to do substantially more spearheading work with radioactive materials, including the revelation of extra radioactive components: thorium, polonium, and radium. She was granted the Nobel Prize twice, once close by Henri Becquerel and her significant other Pierre in Physics for their work with radioactivity, and again years after the fact in Chemistry for her disclosure of radium and polonium. She likewise led spearheading work in radiology, creating and conveying portable X-beam machine on behalf of the war zones of World War I.

"We should not overlook that when radium was found nobody realized that it would demonstrate helpful in medical clinics. The work was one of unadulterated science. Furthermore, this is a proof that logical work must not be considered from the perspective of its immediate convenience. It must be accomplished for itself, for the magnificence of science, and after that there is dependably the opportunity that a logical revelation may wind up like the radium, an advantage for humankind. " - MARIE CURIE

She passed on in 1934 of aplastic shortcoming, likely made from extended prologue to various radioactive tools, the hazards of which were simply genuinely observed extended after by far most of her introduction had occurred. To be sure, her paper (and flat her recipe book) are still exceedingly harmful and several are seen as dangerous to manage, set away in ensured cartons and lacking guarded rigging to safely review.

2.2 RADIUM WATCH DIAL ARTISTS

One of principal real occurrences to mouth the perils of ionizing radioactivity was the situation of the "Radium Girls," specialists whose activity was landscape watch buttons with radium. Despite the fact that there was sufficient doubt of the impressions of ionizing radioactivity for the administration of the organization to avoid potential risk, they existing none to real laborers painting the watch dials. A substantial number of them would defeat their arguments to appropriately profile them. Subsequently the human body regards radium as calcium, it was before saved during the carcasses and prompted radiation ailment. It is obscure what number of kicked the bucket from radiation introduction.



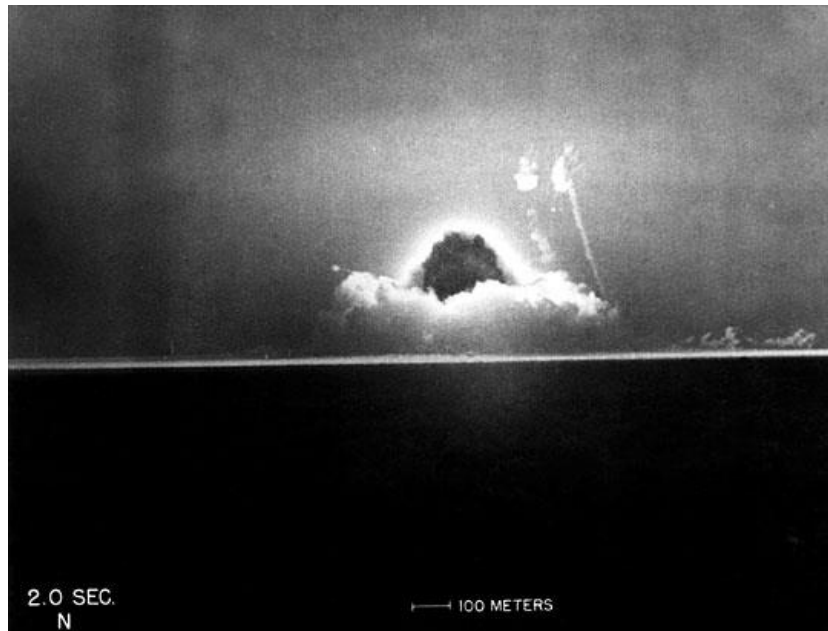
(Figure 2.2) Radiation watch dial painters at work

Once five of the specialists indicted the organization (United States Radium), and the resulting attention, the wellbeing dangers of radioactivity presentation were reserved to open consideration. The open conspiracy and the availability of an enormous example fixed (up to 4000 characters were utilized at dial artists throughout the years) prompted the principal long haul investigation of radiation presentation. At last closure in 1993, it gave an abundance of data on the long haul impact of radiation presentation. The instance furthermore incited intense deviations in both the grounds of work atmosphere security and hazard, and the pitch of Health Astronomy, managing the wellbeing bearings and wellbeing issues involved with working with radioactive materials.

2.3 THE MANHATTAN PROJECT and THE COLD WAR

The Manhattan Plan, the accident study struggled through World War II to physique up the primary nuclear bomb, drove straightforwardly the second long haul investigation of the impacts of long haul radiation introduction, in particular the investigation of the overcomers of the bombs at Hiroshima and Nagasaki. The bombings, which murdered more than 150,000 between them (with certain appraisals putting the aggregate at more like at least 245,000), additionally left in excess of 600,000 survivors (hibakusha, truly "blast influenced individuals"), numerous who have been considered in the years since. Among the discoveries was that there does not seem to

have been an expansion of birth abandons in those that endure the impacts. There have been, in any case, around 1900 malignant growth passings that can be legitimately inferable from the bombings.



(Figure 2.3) The Trinity test (the first test of an atomic weapon) explosion two seconds after detonation

Since the conception and explosion of the nuclear bombs presented the "Atomic Age," much has improved in our comprehension and usage of radiation and radioactive substantial. All through the Cold War, there was investigation on the two margins into the assets and employments of radioactive substantial in different test devices and related locales, hoping to bridle both the deliberately important hostile intensity of radioactive substantial for atomic armaments and the conceivably significant usages in different pitches, for example, prescription, radiography, and others.

2.4 TYPES OF RADIATION

The radiation one normally experiences is one of four kinds: alpha radiation, beta radiation, gamma radiation, and x radiation. Neutron radiation is additionally experienced in atomic power plants and high-height flight and transmitted from some modern radioactive sources.

1. Alpha Radiation

Alpha radiation is a substantial, extremely short-extend molecule and is really a launched out helium core. A few qualities of alpha radiation are:

- o Most alpha radiation can't infiltrate human skin.
- o Alpha-discharging materials can be destructive to people if the materials are breathed in, gulped, or consumed through open injuries.
- o A assortment of instruments has been intended to gauge alpha radiation. Unique preparing in the utilization of these instruments is fundamental for making precise estimations.
- o A slender window Geiger-Mueller (GM) test can distinguish the nearness of alpha radiation.
- o Instruments can't recognize alpha radiation through even a slim layer of water, residue, paper, or other material, since alpha radiation isn't infiltrating.
- o Alpha radiation voyages just a short separation (a couple of inches) in air, yet isn't anoutside peril.
- o Alpha radiation can't enter attire.

1. Beta Radiation

Beta radiation is a light, short-run molecule and is really a catapulted electron. A few attributes of beta radiation are:

- o Beta radiation may travel a few feet in air and is modestly infiltrating.
- o Beta radiation can infiltrate human skin to the "germinal layer," where new skin cells are created. In the event that elevated amounts of beta-producing contaminants are permitted to stay on the skin for a drawn out timeframe, they may cause skin damage. estimated time of arrival radiating contaminants might be destructive whenever kept inside.
- o Most beta producers can be identified with an overview instrument and a meager window GM test (e.g., "hotcake" type). Some beta producers, in any case, produce low-vitality,

inadequately infiltrating radiation that might be troublesome or difficult to distinguish. Instances of these hard to-recognize beta producers are hydrogen-3 (tritium), carbon-14, and sulfur-35.

- o Clothing gives some assurance against beta radiation.

2. **Gamma and X Radiation**

Gamma radiation and x beams are profoundly entering electromagnetic radiation. A few attributes of these radiations are:

- o Gamma radiation or x beams can travel numerous feet in air and numerous crawls in human tissue. They promptly infiltrate most materials and are here and there called "entering" radiation.

- o X beams resemble gamma beams. X beams, as well, are infiltrating radiation. Fixed radioactive sources and machines that produce gamma radiation and x beams separately establish fundamentally an outside risk to people.

Gamma radiation and x beams are electromagnetic radiation like obvious light, radio waves, and bright light. These electromagnetic radiations vary just in the measure of vitality they have. Gamma beams and x beams are the most vivacious of these.

- o Dense materials are required for protecting from gamma radiation. Attire gives small protecting from infiltrating radiation, however will forestall defilement of the skin by gamma-emanating radioactive materials.

- o Gamma radiation is effectively distinguished by overview meters with a sodium iodide finder test.

Gamma radiation as well as trademark x beams much of the time go with the outflow of alpha and beta radiation during radioactive rot.

CHAPTER 3

Sources of Radiation

3.1 NATURAL OCCURING RADIATION AND NORM

3.1.1 INTRODUCTION

Radioactive material is fairly common in nature, and generally pretty harmless in that national. It's important to have an understanding of how much of the radioactive substantial a person comes across in a given day is from the natural environment around them.

3.1.2 BANANAS

A standout amongst the most usually experienced wellsprings of normal energy is one that numerous individuals don't presume. Bananas, actuality normally tall in potassium, thusly have a developed than regular measure of potassium-40, a radioactive isotope. Indeed, the expression "banana identical portion" has originate into truly normal usage by way of a source of perspective point for conveying radioactivity introduction.

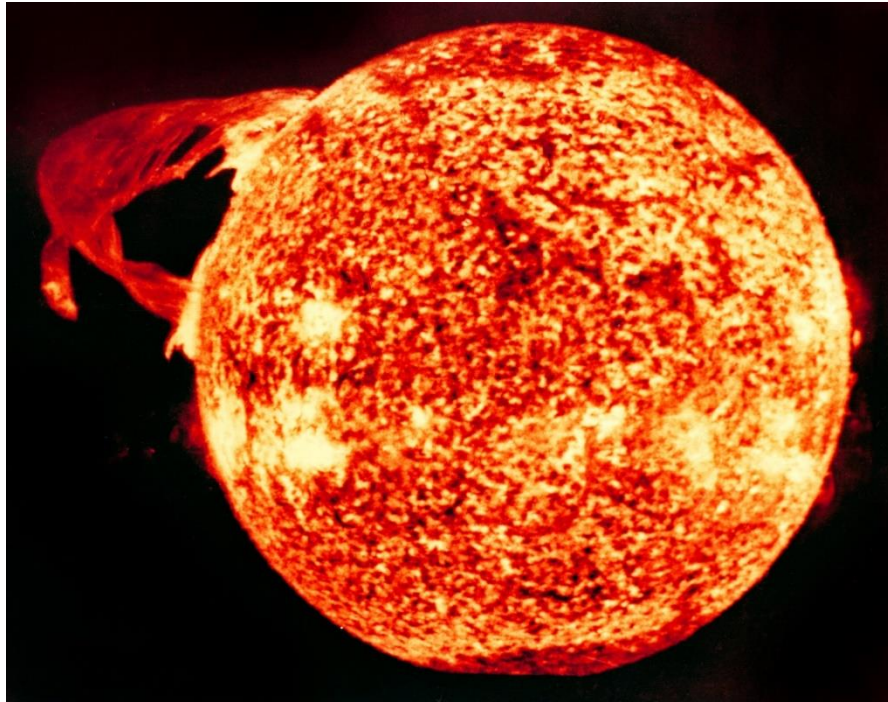


(Figure 3.1) Bananas: Due to their large potassium content, a (relatively) radioactive foodstuff

Further regular sustenance's that enclose raised degrees of harmful components incorporate incentives and white tubers, which convey marginally lower ranks of potassium-40. Lima beans have practically half new potassium-40 than crackers, and furthermore modest quantities of radon-224. The sustenance with the most elevated convergence of harmful components, for this situation radium, is the Brazil fan. In every one of these sustenances, in any case, the levels are amazingly small and not thought about unsafe, and practically nothing of the radioactive substantial devoured while eating any of them is held in the body. The fat substance of the Brazil wacky would represent a wellbeing danger some time previously the energy in them, for instance

3.1.3 THE SUN

Fueled by a consistent atomic response, it comes as meager astonishment that the sun emits a considerable amount of radiation. There's additionally a decent piece of astronomical radiation start from sources outside the nearby planetary group. Fortunately for life on earth, in any case, the greater part of that vitality is blocked and consumed by the Earth's magnetosphere and the ozone cover.



(Figure 3.2) A solar flash photographed by the Skylab space position in 1973

Infinite radiation does, be that as it may, make up a little rate (about 13%) of the all out yearly foundation radiation an individual is presented to through the span of year. This presentation amount is marginally expanded by active at sophisticated heights, and much more so via air transportable. Flight groups on long-remove, high-height flights will in general aggregate about 30% more yearly radiation introduction than the normal individual.

3.1.4 THE GROUND BENEATH OUR FEET

(Radium, uranium, from Mining/Oil)

The other significant wellspring of normally happening radioactivity is from crystals and resources covered in the ground. Most regular are potassium-40, uranium-238, and thorium-232, which everything have genuinely long half-lives. Moreover, there are little amounts of shorter-lived materials, for example, radium-226, which is a rot result of U-238, and radon-222, which is a result of Ra-226. Radon, actuality a gas, can turn into an issue in certain houses and different

structures, leaking in for the most part concluded breaks in strong creations, and amassing in places with poor freshening. In the United States, the Appalachian Elevations locale of southeast Pennsylvania, alongside slices of Iowa, have the utmost issues with radon fixation, because of a bigger store of uranium in the bedrock of those zones.

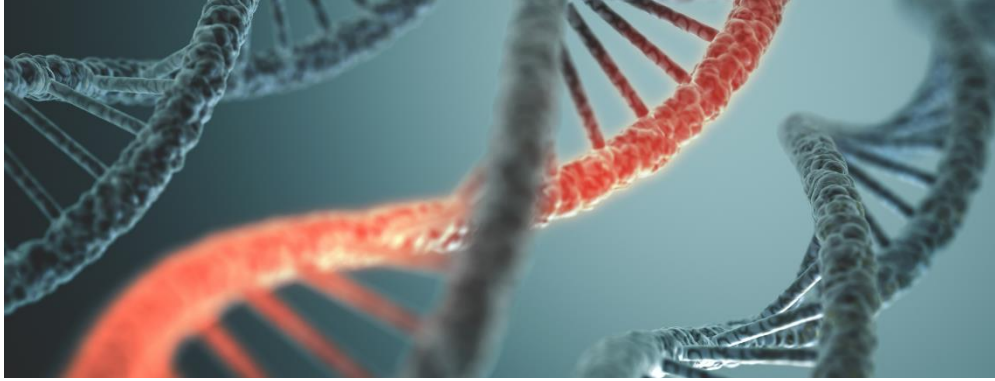


(Figure 3.3) Radon gas from the dwindling of radioactive ores in the earth can seep over the soil or cracks in building fundamentals

Additional territory where earthly radioactivity can progress toward becoming approximately of an topic is in the oil and flammable gas withdrawal ventures, everywhere it is alluded to as Obviously Happening Radioactive Substantial, or NORM. Frequently dug up in channels in procedure of withdrawal investigation and creation, radioactive components like radon and radium resolve tie with atoms in liquid being utilized, bringing it up to the surface and possibly defiling pipelines, tanks, and other hardware.

3.1.5 SINSIDE YOU

It might come as an astonishment to certain individuals, however subsequently the human body is comprised of a significant number of similar molecules and components that are establish in the remainder of the earthly condition, a specific level of those iotas are harmful. Most normal are Carbon-14, since life is carbon-based, and Potassium-40, since Potassium frames a significant piece of DNA particles.



(Figure 3.4) Potassium and Carbon in the DNA and cells of living things contain a certain percentage of radioactive isotopes, which undergo decay from time to time

The nearness of radioactive Carbon-14 in living creatures really frames the premise of radiocarbon dating of natural material, because of the way that degrees of C-14 in plants and creatures coordinate surrounding levels in the air at the season of their passing. A while later, be that as it may, the C-14 rots (with a half-existence of around 5730 years) and by estimating the rest of the sum, and contrasting it and known or determined sums at various occasions. Through this strategy, the age of an example up to around 45,000 years can be decently precisely decided.

3.2 Man-Made Sources of Radiation



(Figure 3.5)

Outside of normally happening wellsprings of radiation, there are man-made procedures that produce radioactive material that the normal individual may come into contact with all the time. The levels are still genuinely low, with yearly introduction to general society because of counterfeit sources being generally equivalent to the portion got from normal source.

3.2.1 GRANITE COUNTERTOPS, FIESTAWARE

One of the more usually found, if moderately feeble and low-sway, wellsprings of falsely created radiation introduction is basically from the utilization of normally happening components in man-made things. Stone contains follow measures of uranium, and a few examples can finish up with a sufficiently high centralization of uranium to be quantifiable with identification gear.



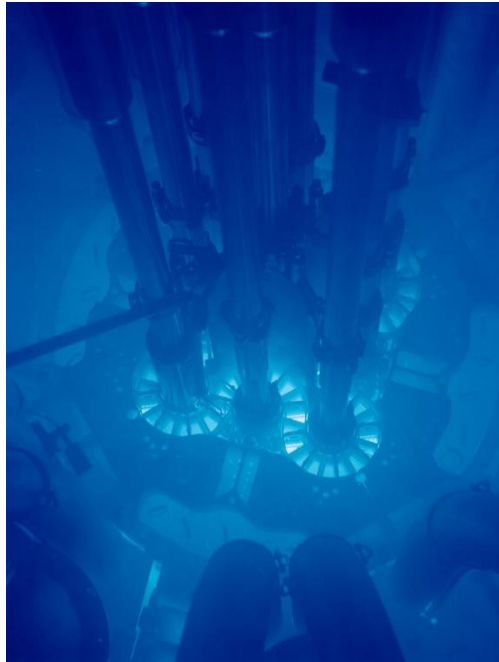
(Figure 3.6) Granite countertops can sometimes contain trace amounts of radioactive elements

Different spots that radioactive material might be found in a family unit setting are in certain assortments of vintage Fiesta product (or any red coated ceramics from the 40s-60s) that utilized uranium so as to accomplish the brilliant hues in the coating. Current items utilize counterfeit colors to accomplish similar hues, obviously.

3.2.2 NUCLEAR POWER

Atomic power is maybe the principal thing that springs to mind when you get some information about man-made wellsprings of radiation. Utilizing parting responses in uranium to transform

water into steam to control mammoth turbine generators, atomic power plants produce enormous measures of power. Quite a bit of Europe gets power from atomic power plants, as do numerous areas of the US.



(Figure 3.7) Advanced Test Reactor core, Idaho National Laboratory by Argonne National Laboratory used under CC BY-SA 2.0

Atomic power plants are firmly directed, with tight points of confinement on both radiation presentation to specialists and people in general. The yearly normal portion to an individual from people in general from atomic power plants is generally equivalent to the sum produced inside by the rot of radioactive materials normally found in the body. Truth be told, because of the nearness of radioactive Uranium and Thorium in the fly fiery debris from coal consuming, coal-consuming force plants emit more radiation into the earth, regularly, than an atomic power plant.

3.2.3 TERRORISM, DISASTER, WAR

The explosion of the nuclear bombs at Hiroshima and Nagasaki, alongside the atomic weapons trial of the 60s, saved a specific measure of radioactive aftermath into the air. The Limited Test Ban arrangement of 1963 generally put a conclusion to this, however both France and China kept testing into 1974 and 1980, individually, as neither one of the countries is a signatory of the settlement. The 1986 blast at the Chernobyl atomic power plant in Ukraine likewise added to worldwide degrees of environmental radioactive material, with an a lot more noteworthy effect in the quick territories because of components, for example, Strontium-90 and Iodine-131, prompting an expansion in the frequency of thyroid disease.



(Figure 3.8) A Russian Topol-M Ballistic Missile launcher as part of a military parade

In spite of all the conceivable medical problems emerging from the expansion in environmental radiation because of aftermath from atomic testing and mishaps, there has been one zone where it has exhibited an astounding advantage. Experts accountable for avoiding the poaching of elephants for their ivory have found that it's conceivable to tell if the ivory is as of late poached, or "collectible" in light of the nearness of these components, since they are consumed by the bones of living creatures. So ivory that is indicated to be many years old, which contains raised degrees of strontium-90, for instance, will almost certainly be seized as illicit.

CHAPTER 4

Mobile Phone Radiation

4.1 Introduction

The first hand-held cell phone was demonstrated by John F. Mitchell and Martin Cooper of Motorola in 1973, using a handset weighing around 4.4 pounds (2 kg). From 1983 to 2014, worldwide mobile phone subscriptions grew from zero to over 7 billion. Saudi Arabia rank first among the countries of the gulf region with highest proportion of mobile users, a study conducted by United Nations Conference on Trade and Development (UNCTAD).

In gulf countries, Oman ranked second, followed by Kuwait and the UAE. As billions of people use mobile phones globally, a small increase in the incidence of adverse effects on health could have major public health implications on long term basis. Besides the number of cell phone calls per day, the length of each call and the amount of time people use cell phones are important factors which enhance the health related risk.

New machineries are surfacing day to day to assist human being. Mobile communication is presently the fastest increasing communication system in the telecommunication manufacturing. Due to the improved number of workers using the mobile phone, the distress is now intensive towards electromagnetic radiations produced by the mobile phones itself.

Electromagnetic radiation can be confidential into ionizing and non-ionizing radiation. Ionizing radiation is the radiation with high ambition which is able to eliminate tight bonds between electrons and atoms resulting in tissue damage while non-ionizing radiation is the radiation that has sufficient energy to shudder the atoms and molecule but do not eliminate the electrons in the molecule [2]. This radiation generally happens at low frequency range. Mobile phone is planned with low power transceiver to transmit voice and data to base station is located at few kilometers. These radiations cause problems similar headaches, severe pain in ear, clouding of vision, memory loss, itching, burning atmospheres, feeling asleep, hypersensitivity exhaustion[1] have been experiential when using mobile phone. Researchers have create that these symptoms are more common in people with higher experience to radiation of mobile phone

4.2 Mobile

A cell phone, wireless, cell phone, or hand telephone, at times abbreviated to just versatile, cell or simply telephone, is a convenient phone that can make and get brings over a radio recurrence connect while the client is moving inside a telephone utility region. The radio recurrence connection sets up an association with the exchanging frameworks of a cell phone administrator, which gives access to the open exchanged phone arrange (PSTN). Present day cell phone administrations utilize a phone organize engineering, and, in this way, cell phones are called cell phones or mobile phones, in North America. Notwithstanding communication, 2000s-period cell phones bolster an assortment of different administrations, for example, content informing, MMS,

email, Web get to, short-run remote interchanges (infrared, Bluetooth), business applications, computer games, and computerized photography. Cell phones offering just those abilities are known as highlight telephones; cell phones which offer significantly propelled registering capacities are alluded to as cell phones.

4.3 Evolution of mobile phones, to an early smartphone

The country had only 0.34 million mobiles in 1997, which has now grown to 157.544 million by 2018.

- Reginald Fessenden's invention
- Shore-to-ship demonstration of Mobile telephony
- Through the Second World War with military use and civil services.

The main phone was created 1870 by Alexander Graham Ringer. There was numerous others that investigated the creation of the phone. The phone switchboard was concocted in 1876, which took into account the arrangement of phone trades, and in the end organizes.

The primary variant of the cordless telephone was created in 1965 however couldn't be showcased. It was imagined by a Jazz artist. The invention's 2-mile range made radio sign meddle with air ship. She offered the rights to her development who changed it for use.



(Figure 4.1)

The first economically robotized cell arrange (the 1G age) was propelled in Japan in 1979. Canada propelled their 1G organizes in the 1980's. The innovative improvement that recognized the Original of cell phones from the past age was the utilization of numerous phone locales, and the capacity to move calls starting with one site then onto the next as the client went between cells during a discussion.

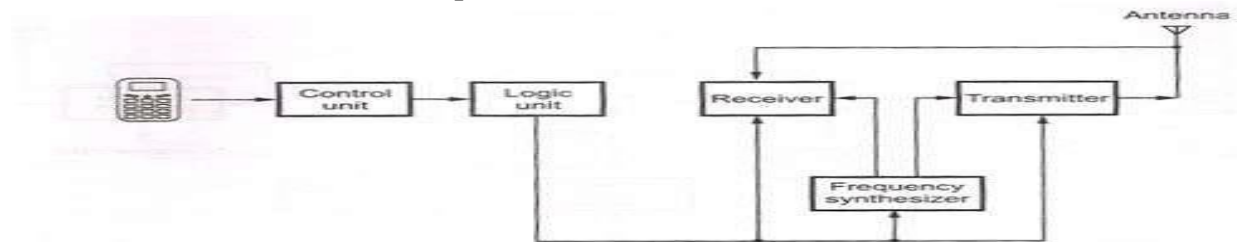
In the 1990's the second era cell phones rose. The second era presented content informing. 2G likewise acquainted the capacity with access media on cell phones.

Pack Telephones were produced from 1992-2000. The organization that made the sack telephone was Motorola. At the point when PDAs were concocted they ended up out of style. Blackberries were structured and developed by a Canadian organization. Was first presented as a 2 way pager. In 2003 the most regularly known blackberry cell phone was discharged.

The primary distinction between 3G innovations from 2G innovation is the utilization of bundle exchanging instead of circuit exchanging for information transmission. The main 3G system was propelled in Japan. Before the finish of 2007 there was 295 million endorsers on the 3G arrange. The primary manners by which 4G contrasted mechanically from 3G was in its disposal of circuit exchanging, rather utilizing an all-IP organize. 4G is quicker then the past systems.

4.4 Mobile Phone Functioning

There are numerous styles and brands of cell phones and other handheld gadgets accessible, from basic two-way voice-empowered telephones to lavish handheld PCs that likewise can fill in as a telephone. In view of the assortment in plans and capacities in these gadgets, a far reaching rundown of all of their abilities may be longer and more broad than would be viable, however a fundamental outline of the most widely recognized elements of cell phones incorporates voice correspondence, information and some other basic applications. Some phones are simple while others function as handheld computers.



(Figure 4.2)

Voice and Traditional Phone Functions

The essential capacity of a cell phone is voice correspondence. Like customary landline telephones, cell phones enable one client to call another and talk from far off. Capacities identified with voice interchanges incorporate programmed redial, last number review, guest ID, logging of approaching and active calls, speakerphone or without hands abilities, and speed dialling. A few telephones likewise are furnished with voice-enacted dialling and highlights like a quiet mode, which handicaps ringing or demonstrates approaching calls and alarms by vibration. Numerous cell phones likewise highlight the capacity to square calls from undesirable numbers or alter ringtones to send a discernable sign of the wellspring of an approaching call.

Data Functions

Notwithstanding voice capacities, most present day cell phones offer some level of content or information move too. Clients can send brief, composed messages to other cell phones, share

documents, for example, pictures and video or access the web using incorporated Internet browsers and other Web applications upgraded to work with a little screen.

Other Applications

Some standard non-correspondence elements of cell phones incorporate contact records, schedules and timekeepers to enable the client to monitor their arrangements and commitments. Most current cell phones incorporate basic adding machines and some offer further developed number crunchers, for example, logical mini-computers. Word preparing, spreadsheets and report seeing additionally are accessible on certain telephones. Numerous telephones contain a camera fit for catching sending still pictures or video. A variety of computer games has been produced for cell phones too, changing the telephone into a convenient game reassurance, and programming advancement takes into consideration possibly boundless different applications to be made and utilized on cell phones later on.

4.5 Mobile Phone Radiation

The kind of radiation produced from cell phones is electromagnetic radiation. It's present in mobiles since they utilize radio recurrence (RF) waves to make and get calls. Cell phone radiation portions are viewed as little as the emanations are low power (short range). By the by, there are manners by which you can lessen introduction to these waves. Mobile phones use electromagnetic radiation in the microwave range (450–3800 MHz and 24–80 GHz in 5G mobile).

- PDAs produce signals through radio waves
- included versatile recurrence (RF) vitality, a type of electromagnetic radiation.
- Electromagnetic radiation is comprised of influxes of electric and attractive vitality moving at the speed of light.
- The greater part of the transmission sign are lost in space, as the sign are conveyed 360 degrees from the cell's radio wire. Just a little rate hit the pinnacle.
- Including a versatile pinnacle inside 50 mats resembles being in a microwave for 24 hours
- Those living in a 50-300m range face a high chance much more awful than smoking as you can't see or smell radiation.
- The WHO as of late arranged mobile phone radiation with gas motor fumes, lead what's more, DDT.

Mobile phone radiation Exposure

A PDA is a remote convenient phone that interfaces with the phone arrange by radio waves traded with a nearby receiving wire and computerized handset called a phone base station (cell site or cell tower). The administration region served by every supplier is partitioned into little land zones called cells, and all the mobile phones in a phone speak with that phone's receiving wire. Both the mobile phone and the cell tower have radio transmitters which speak with one another. Since in a phone organize a similar radio channels are reused each couple of cells, cell systems utilize low power transmitters to keep away from radio waves from one cell overflowing and meddling with an adjacent cell utilizing similar frequencies.

Mobile phones are restricted to an equal isotropic emanated control (EIRP) transmitted power yield of 3 watts, and the system constantly alters the telephone transmitter to the most reduced power steady with great sign quality, diminishing it to as low as one mill watt when close to the cell tower. Mobile phone tower channel transmitters more often than not have an EIRP power yield of around 50 watts. Notwithstanding when it isn't being utilized, except if it is killed, a PDA occasionally emanates radio flag on its control channel, to keep contact with its cell tower and for capacities like giving off the telephone to another pinnacle if the client crosses into another cell. At the point when the client is making a call, the PDA transmits a sign on a moment channel which conveys the client's voice. Existing 2G, 3G, and 4G systems use frequencies in the UHF or low microwave groups, 600 MHz to 3.5 GHz. Numerous family unit remote gadgets, for example, Wi-Fi systems, carport entryway openers, and infant screens utilize different frequencies in this equivalent recurrence go.

Radio waves decline quickly in power by the backwards square of separation as they spread out from a transmitting receiving wire. So the wireless transmitter, which is held near the client's face when talking, is an a lot more prominent wellspring of human presentation than the phone tower transmitter, which is normally at any rate several meters from people in general on a phone tower. A client can lessen their introduction by utilizing a headset and keeping the wireless itself further far from their body.

Cutting edge 5G cell systems, which started sending in 2019, utilize higher frequencies in or close to the millimetre wave band, 24 to 52 GHz.[4][5] Millimetre waves are consumed by air gases so 5G systems will utilize littler cells than past cell systems, about the size of a city square. Rather than a cell tower, every cell will utilize a variety of different little reception apparatuses mounted on existing structures and utility posts. When all is said in done, millimetre waves enter less profoundly into organic tissue than microwaves, and are for the most part assimilated inside the primary centimetre of the body surface.

CHAPTER 5

Effects of Mobile Phone Radiation on Human Body

5.1 Introduction

In present situation human body is typically presented to electromagnetic radiation of much force, which relies on the area of the human body. The human body is mind boggling capacity of different parameters, like electrical conductivity, thickness and its complex permittivity¹. The electromagnetic radiation is described by its recurrence, force of electric and attractive fields, their bearing and polarization attributes in free space. The fields inside the tissues of organic body can cooperate with them and in this manner, it is important to decide these fields for general evaluation of natural information got hypothetically. At the point when an electromagnetic field falls upon the human body, at that point it mostly enters into human body and is constricted by human body tissues and its parts are consumed by body tissues². The

assimilation of electromagnetic radiation is relied upon to raise the body temperature³. The variety of instigated electric field inside human body tissues at two generally utilized frequencies of cell phone has been determined by Kumar and Pathak⁴. Here, hypothetically determined interior fields have been utilized to assess explicit assimilation rate at various separations from the electromagnetic radiation source.

5.2 MATERIAL AND METHODS

➤ ELECTRIC FIELD SURROUNDING THE MOBILE PHONES BASE STATION

The cell phone transmission towers transmit electromagnetic fields in the microwave recurrence go. The power of these fields is most extreme close to the transmission towers and diminishes with separation all things considered contrarily relative to the square of separations. The estimation of electric field, E_0 , at a separation, r , from vertical transmitting radio wire of intensity, P , is given by Polk⁵:

$$\begin{aligned} P/4\pi r^2 &= E_0^2 \epsilon_0 c/2 \\ E_0 &= (P/2\pi r^2 \epsilon_0 c)^{1/2} \\ &= 7.746\sqrt{P/r} \end{aligned}$$

Where, ϵ_0 , is permittivity of free space; and c , speed of light. The electric field, E_0 , at separation, r , from vertical transmitting reception apparatus of viable emanated control (ERP) of 50 W (ref. 6) is

$$E_0 = 54.76/r \text{ V/m}$$

In this manner, the electric field changes conversely relative to the separations from the transmission tower.

➤ PENETRATION OF ELECTRIC FIELD INSIDE HUMAN BODY

At the point when the emanated field falls on a human body, the entrance of the field relies upon the recurrence of radiation. Consequently, the field at a profundity, z , because of episode electric field, E_0 , superficially is given as⁵:

$$E_z = E_0 \exp(-z/\delta)$$

Where, δ , is the skin profundity, whose worth relies on the recurrence of radiation for natural body and is given by:

$$\begin{aligned} \delta &= 1/q\omega \\ q &= [\mu\epsilon \{(1+p^2)^{1/2} - 1\}/2]^{1/2} \\ p &= \sigma/\omega\epsilon \end{aligned}$$

Where, ω , is radian recurrence of radiations; ϵ , the permittivity of tissue material; μ , its porousness; and σ , conductivity⁷.

➤ SPECIFIC ABSORPTION RATE

The SAR is characterized as the time subsidiary of the steady vitality (dw) consumed by or scattered in a steady mass (dm) contained in a volume component (dV) of a given thickness (ρ). It is given by (ref 8):

$$\begin{aligned} \text{SAR} &= d/dt (dw/dm) \\ &= d/dt (dw/\rho dV) \\ &= \sigma E_i^2/\rho \end{aligned}$$

Where, E_i , is the electric field inside the materials. The thickness of fat and skeletal muscles of human body is given by Stuchly⁹. This connection speaks to the rate at which the electromagnetic vitality is changed over into warmth through entrenched connection component. It gives a substantial quantitative estimation of all association instruments that are subject to the force of the interior electric field¹⁰. Now, some extra data might be significant. For example, a few impacts of radio waves regulated in plentifulness at very low recurrence (Mythical person) are reliant on the electric field intensity¹¹. Explicit associations instrument is better comprehended in the event that they would be communicated in term of explicit ingestion rate also, balance qualities, despite the fact that the communication component may not really be warm. The estimation of explicit ingestion rate in human body tissues because of home machines at different frequencies is determined by Kumar et al.¹².

5.3 Most Common Complaints

The instance of an individual utilizing a mobile phone, the vast majority of the warming impact will happen at the outside of the head, making its temperature increment by a small amount of a degree.

The cornea of the eye when presented to 2-3 hours can create waterfall as it doesn't have this temperature guideline system.

- Memory misfortune, mental disarray.
- Headaches actuate outrageous exhaustion, rest issue.
- Make joint agony, muscle fits, tremors Despondency, distress, disturbance, sickness, hunger misfortune.
- Palpitations of the heart, visual clutters, cardiovascular issues, respiratory issues.
- More serious responses incorporate seizures, loss of motion, psychosis and stroke.
- **All these are identified with changes in the electrical movement of the cerebrum**

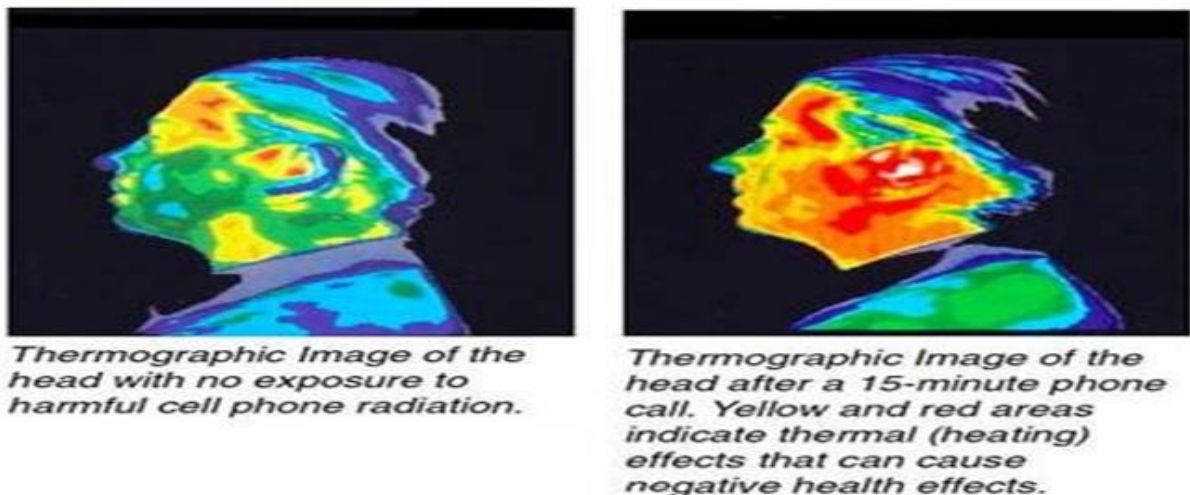
Cancer

- Cancer occurs in extraordinary cases, with nearly everybody living near versatile towers.
- The region of concern is base-stations and their radio wires as it produces radiation constantly and is all the more dominant nearby other people. Tower Normal cell Cancer cell
- Radiation treatment treats numerous sorts of malignancy successfully. Be that as it may, as different medicines, it frequently causes reactions. These are diverse for every individual. They rely upon the sort of disease, its area, the radiation treatment portion, and your general wellbeing.

CHAPTER 6

Effect of Mobile Phone Radiation on Human Brain

6.1 Introduction



(Figure 6.1) Person showing effect of radiation

Novel innovations are advancing everyday life to encourage individual. Portable correspondence is as of now the quickest developing correspondence framework in the media transmission industry. Because of the expanded number of clients utilizing the cell phone, the worry is currently engaged towards electromagnetic radiations transmitted by the cell phones itself. Electromagnetic radiation can be grouped into ionizing and non-ionizing radiation. Ionizing radiation is the radiation with high vitality which can evacuate tight securities among electrons and particles bringing about tissue harm while non-ionizing radiation is the radiation that has enough vitality to vibrate the iotas and atom yet don't expel the electrons particle [2]. This radiation essentially happens at low recurrence go. Cell phone structured with low power handset to communicate speech and information to improper place is situated at couple of kilometres. Those radiations cause issues similar cerebral pains, extreme agony in earlobe, obscuring of

dream, memory misfortune, tingling, consuming vibrations, sensitivity numb, hypersensitivity fatigue [1] has been seen when utilizing cell phone. Scientists has discovered that these side effects are progressively basic in individuals with greater presentation to radiation of cell phone (Figure).

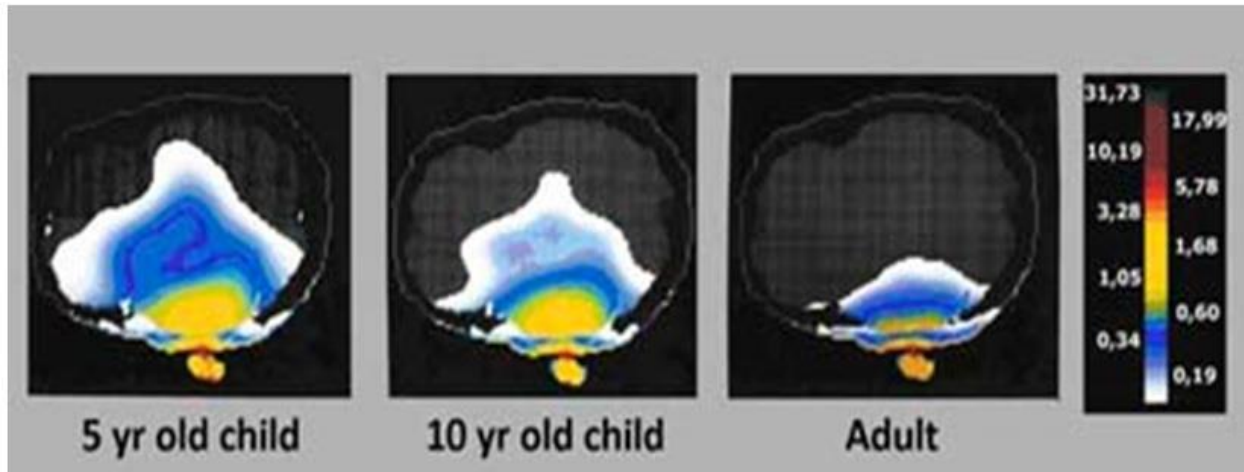
6.2 Different features on theradiations discharged from a wireless impacts a hominoid mind.

Coldness of cellphone from hominid body: In the event that a PDA transfer smooth an edge since the frame, it can significantly decrease radiation introduction. Quality of sign abatements by way of the rectangular of the separation from the source. This implies in the event that we twofold the separation since the home, which resembles phone to our head, the sign quality would be multiple eras fewer, as four-sided of two stays four. On the off chance that we increment multiple spells the separation amongst the wireless and our nut, the sign quality will be multiple eras fewer, and comparatively at multiple times the separation, indicator quality suits 10,000 periods fewer.

Space from the cellphone tower: Distinctive Booth destinations transmits diverse measure of radioactivity. By the assistance of reasonable pattern we canister quantify in what way far radioactivity is gotten at a specific promotion. About a solitary pinnacle, energy might not be constant. The vitality since a mobile phone stronghold receiving wire, similar to that of other media transmission reception apparatuses, is coordinated toward skyline (similar to the milled), by specific descending disperse. Phones speak by close-by compartment turret primarily concluded radiofrequency (RF) surfs, type of vitality in electromagnetic range amongst FM wireless waves and warms. Similar FM wireless waves, warms, noticeable bright, and hotness, they are types of non-ionizing energy. This implies they can't reason malignancy through straightforwardly harming DNA. At the point while an individual kinds a mobile handset call, a signal is referred from the telephone's receiving wire to closest corrupt place radio wire. The base station reacts this sign in allocating an accessible radiofrequency network. RF surfs move the speech data to the base station. The voice sign are then guided to an exchanging focus, which moves the noise to its goal. Speech sign are before handed-off spinal and forward through the call, so impacts hominid mind.

SAR (Specific Absorption Rate): S.A.R. remains the estimation of amount through which a figure assimilates vitality while the figure is uncovered to wireless recurrence electromagnetic pitch. We canister likewise about that the situation is a proportion of assimilation of EM trend vitality through matters. The situation characterized equally authority assimilated each figure of matter and have element's watts/kilogram. Assimilation proportion remains watched whichever aimed at entirety figure otherwise aimed at a little example capacity of matters [3]. Agreeing toward ICNIRP rules. Aimed at restricting introduction to stretch fluctuating electronic, attractive and electromagnetic pitches, most extreme SAR esteem aimed at cell headphones have been usual at 2 Watts/Kg restricted aimed at the crown as well as the storage compartment (of a humanoid) in the recurrence extend of 10MHz to 10GHz These rules has been created in coordinated effort through Condition Wellbeing Separation of the Domain Wellbeing Association (WHO). Trendy India, as far as possible for open introduction stays 1.6 W/kg for 1 gram capacity found the middle value of SAR [4].

Degree of discussion: It has likewise an enormous effect on humanoid mind, it is demonstrated that doubt an individual discussions over 50 records arranged cellphone, they create a 7 out of a hundred expansion trendy cerebrum digestion happening the area nearest toward cellphone reception apparatus while the telephone was proceeding, because of the situation disease of figure increments.



(Figure 6.2)Effect of radiation on different ages

Age of the individual: As contrast with grown-ups, youngsters have enormous impact on their mind while chatting on the cellphone on the grounds that youngsters are developing all the more quickly, they are more cell partitioning capacity, with the goal that radiations disturbs all the more no. of cells. Too, youngsters have more slender skull as contrast with grown-ups therefore they has bigger effect [5]. The situation is additionally demonstrated that hatchlings are advanced touchy to rays than others (Figure 2). Action in the cerebrum makes a recognizable example. With the assistance of EEG, specialists search for anomalous examples that show seizure what's more, some other issues [6].

Innovation on which telephone works: Examinations demonstrate that portable radiations impact human mind and GSM worked versatile telephone has higher impact on Mind action when contrasted with CDMA worked cell headphones (Table 1).

Table 6.1: Power level of altered cell phone machineries.

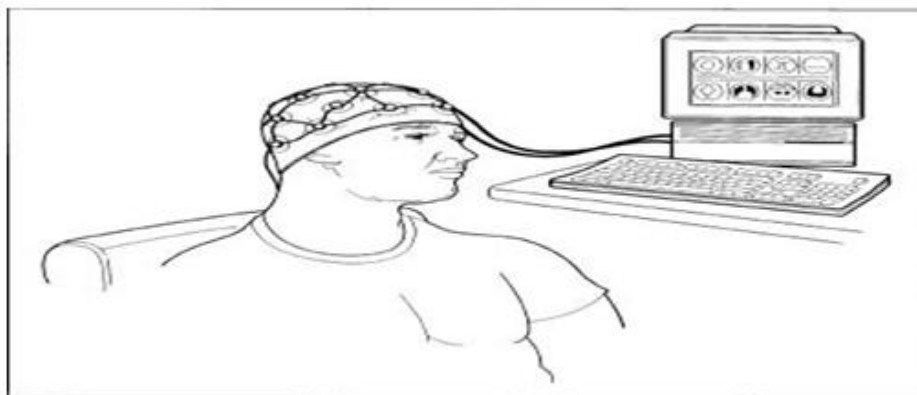
GSM	1-2 Watt	Burst
CDMA	6-7 mWatt	Continuous

6.3 Methodology

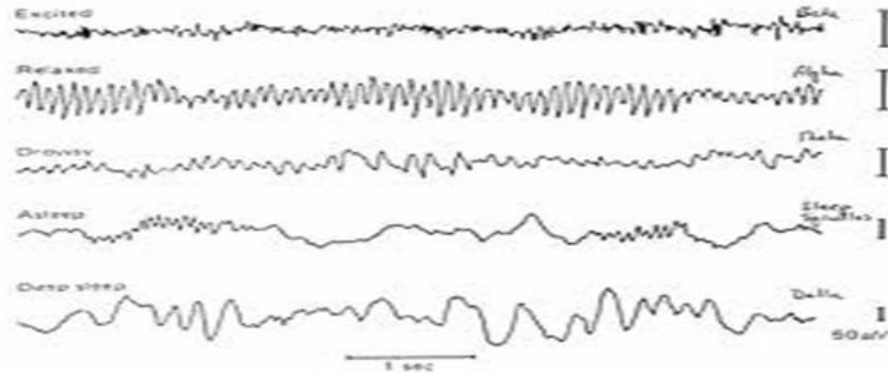
EEG: An electroencephalogram (EEG) remains a watch that methods and histories the electrical action of the mind or we could approximately that the situation is a trial castoff to recognize variations from the norm identified with electrical development of the mind. This technique trail and histories mind wave design. Minimal steel circles through cathodes are set proceeding the scalp, and after that drive these amassed sign toward the PC aimed at account the outcomes. Regularly 1 electrical.

➤ **An electroencephalogram (EEG) has done to**

- A. Aimed at detecting epilepsy and toward realize the kind of captures happening.
- B. It drafts the issues related with obviousness.
- C. It discovers an individual's possibility of recuperation after a change in awareness.
- D. It sees whether an individual who is now a state of unconsciousness is consuming deceased mind.
- E. It educations rest issue which are recognized for example narcolepsy.
- F. It timepieces the cerebrum movement though an individual is accepting overall anesthesia through cerebrum medical procedure.
- G. It services in seeing whether an individual have a fleshly issue (issues in the cerebrum, backbone rope, or sensory scheme) or a psychological wellness issue (Figure 3).



(Figure 6.3) Placement of EEG on a person.



(Figure 6.4) EEG Waves.

6.4 The mind designs which we achieved from EEG form wave forms that are ordinarily sinusoidal are separated into five simple groups:

- A. Beta (>13Hz)
- B. Alpha (8-13Hz)
- C. Theta (4-8Hz)
- D. Delta (0.5-4Hz)
- E. Gamma (30-100Hz)

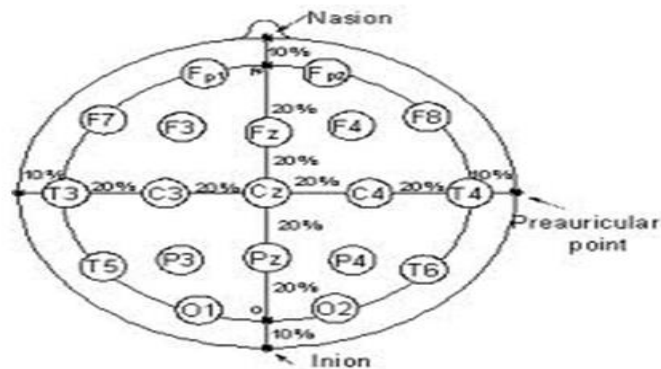
A. Delta is the surfs having a recurrence variety awake to 4Hz. These surfs are most astounding in plentifulness and measured. They are gotten ordinarily trendy grown-ups through rest and in infants. These remain commonly best unmistakable frontally in grown-ups besides posteriorly in children.

B. Theta is the surfs having a recurrence extend since 4Hz to 7Hz. Theta waves are for the most part found in youngsters. They might be found in tiredness or excitement in more seasoned kids what's more, grown-ups or can likewise be in reflection. Overabundance theta for age speaks to unusual movement.

C. Alpha is the surfs having a recurrence go since 8Hz to 12Hz. This movement stays found now the back areas of the crown on the two margins, having a developed abundancy scheduled the prevailing horizontal.

D. Beta is the surfs having a recurrence run since 12Hz to about 30Hz. They are normally observed scheduled the two edges in proportioned circulation and is best apparent directly. Beta movement is intently related toward occupied otherwise restless reasoning also dynamic fixation. It is the overwhelming trend in patients who are attentive otherwise restless otherwise who has their appreciations open.

E. Gamma is the surfs having recurrence extend 30-100Hz. Gamma beats are speaking to transient memorial conditioning of conspicuous articles, noises, material senses (Figure 4).



(Figure 6.5)

Figure 5: Conductor Assignment (The “10” and “20” raise to the 10% or 20% interelectrode detachment).

➤ **RMS 32 Channel software**

We procedure Polysomnography Equipment Framework RMS - 32 with 32 networks is utilized aimed at concurrent information procurement. RMS-32 is an exceptionally helpful equipment framework which is utilized to obtain the indicator through external terminals [7]. The product utilized is SUPERSEC which comprises of dual sections Get besides Examination (Figure 5).

➤ **Safety Measures**

- A. There ought to be several rule in each nation aimed at range on general wellbeing danger through presentation to transferred wireless recurrence radioactivity [8].
- B. Radioactivity discharging gadgets ought to require some wellbeing testing before endorsement.
- C. Constantly transmitted gadgets ought to be prohibited.
- D. There ought to be some notice mark on the mobile phones what's more, cordless telephones.
- E. Though chatting on cellphone, possess telephone at reciter style, through telephone a indicator's present or utilize a supported telephone. Also, utilize a Bluetooth producer, as it would diminish heights of microwave radioactivity [8].
- F. Mood killer handset when not being used.
- G. Attempt to utilize telephone while taking filled sign quality, when indication quality is poor it produces high measure of radiation.
- H. Try not to utilize Phones in lifts, autos and in aircrafts since it produces extra radioactivity in encased metallic places.

I. Make sure of messaging rather than noise, for example telephone is more distant since figure it winds up more secure.

J. At the point while at household, utilize underwired wire as it produces fewer measure of radioactivity.

CHAPTER 7

Effects of mobile phone radiation on environment

7.1 Introduction

This audit looks at the potential ecological effect of radiofrequency (RF) fields produced by cell phone base station reception apparatuses and different wellsprings of RF radiation. By and large, many disturbing examinations were found yet most are described by serious methodological deficiencies. Therefore these investigations don't give any proof that watched natural impacts are related with introduction to the electromagnetic fields. Up until this point, the investigations don't demonstrate that ecological exposures to cell phone base station radiation (and other natural RF exposures) are destructive to untamed life.

7.2 Effects on environment

- Impact on ranch creatures Dairy bovines that were kept in nearness to phone tower for a long time had a decrease in milk generation alongside expanded medical issues and Behavioral variations from the norm.



(Figure 7.1)

- Massachusetts bans electronic waste from landfills and has a store to help hardware reusing. Other natural impacts of mobile phones are rising also.



(Figure 7.2)

- EMR from PDA towers - sicknesses in plants and creatures what's more, is the explanation behind the evaporating butterflies, a few creepy crawlies and winged animals like sparrows.

(Figure 7.3)

CHAPTER 8

Proposal Solution

8.1 Introduction

If we decrease the radiation on our technology's we can safe human and environment from the effects of radiation.

8.2 Solutions

- Plant green trees close to the window confronting the pinnacle as green plants retain radiation.



(Figure 8.1)

- There are contraptions called 'environ-strips' that can be set around the pinnacle to lessen radiation.



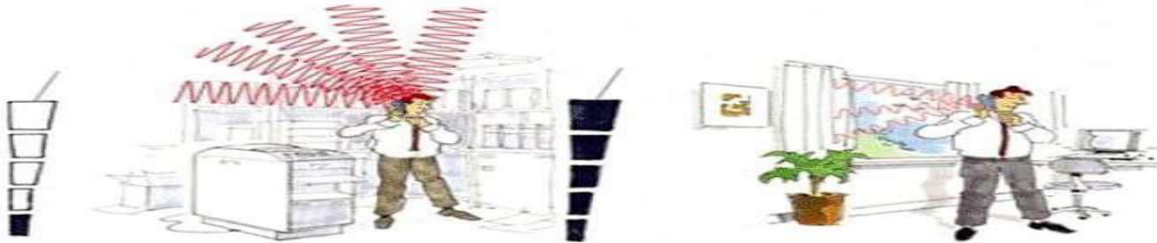
(Figure 8.2)

- There are radiation shields are window ornaments and accessible for home use.



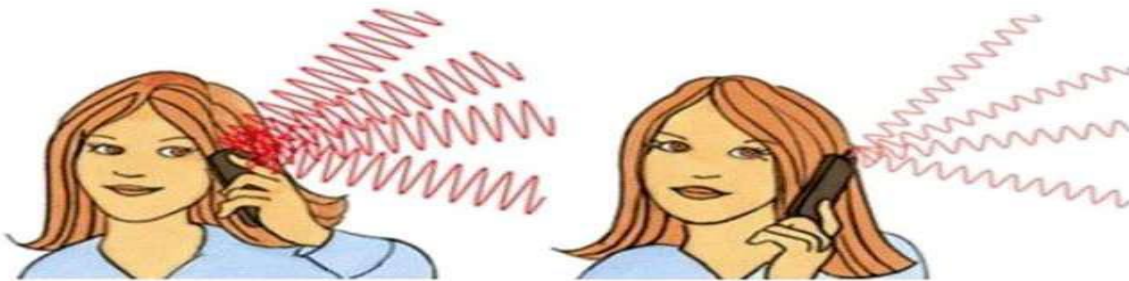
(Figure 8.3)

•Get in the best position- radiation is most grounded when the sign is powerless. In powerless signal territories, the phone wrenches up its capacity to interface to the base station. When the reception is good, the phone reduce power and radiation. If reception is poor, the phone use maximum power and radiation. So get in the best position.



(Figure 8.4) Get In best position

•Hold it at the bottom-Tilting the telephone far from your ear as you talk will help decrease radiation destroying your head when the cell is transmitting to the pinnacle.



(Figure 8.5)

- Always hold the telephone 2 creeps from your ear and you will drastically decrease the measure of radiation entering into your head.
- Keep the telephone in any event a foot far from your body and utilize the speakerphone setting.
- Use a headset. A wired headset may at present transmit radiation through the wire – however it is at a diminished level.
- Best, is to buy a ferrite dot, which is a clasp you put on the wire of a headset. The dot retains the radiation and none achieves your head.
- Use a Bluetooth earpiece, which still transmits radiation, however a few models decrease the radiation by multiple times.

- Due to the steady low radiation of the blue tooth close to the ear and along these lines truly close to your mind, one should remove it from the ear at the point when not being used.
- Buy a low radiation phone.

CHAPTER 9

Conclusion

9.1 Conclusion

Radiation is harmful for our human regular life. If we want to use technology we need to improve our technologies. In our paper we propose some solutions to make low radiation. If we decrease the radiation on our technology's we can safe human and environment from the effects of radiation. We are trying to make some strip to stay safe from the effects of radiation. But we don't have enough time and some instrument that's why we can't make this strip. But we study on radiation and found the problems and get some solutions.

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