

$$I_{\text{solid}} = \frac{2}{5} MR^2$$

$$L_{\text{solid}} = I_{\text{solid}} \omega = \frac{2}{5} MR^2 \underline{\omega}$$

$$I_{\text{hollow}} = \frac{2}{3} MR^2$$

$$L_{\text{hollow}} = I_{\text{hollow}} \omega = \frac{2}{3} MR^2 \underline{\omega}$$

(b)

hollow sphere has the higher angular momentum than the solid sphere

Thank you

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