Problem-3: Answer

Given,

$$y = 3\cos(\pi/4 - 2\omega t) \tag{1}$$

Velocity,

$$v = \frac{dy}{dt} \tag{2}$$

$$= 3 \times 2\omega \sin(\pi/4 - 2\omega t) \tag{3}$$

Acceleration,

$$a = \frac{dv}{dt} \tag{4}$$

$$= -4\omega^2 \times 3\cos(\pi/4 - 2\omega t) \tag{5}$$

$$= -4\omega^2 y \tag{6}$$

As $a \propto y$ and the negative sign shows that it is directed towards equilibrium (or mean position), hence the particle will execute SHM.

Comparing Eqn. (1) with the equation

$$y = r\cos(\phi - \omega) \tag{7}$$

we have,

$$\omega^2 = 2\omega \tag{8}$$

or,

$$\frac{2\pi}{T^2} = 2\omega \tag{9}$$

$$T^2 = \frac{\pi}{\omega}.\tag{10}$$

$$T^2 = \frac{\pi}{\omega}. (10)$$