Homework Arrignment 10

$$I_1 = \int d^3\bar{\imath} \rho(\bar{\imath}) \left(\chi_2^2 + \chi_3^2 \right)$$

$$= \int d^3\bar{n} \ \rho(\bar{n}) \ \left(\ n_1^2 + n_2^2 \ + \ n_1^2 + n_3^2 \ - \ 2 \, n_1^2 \right)$$

$$: I_2 + I_3 - 2 \int d^3\bar{\tau} \, \rho(\bar{\tau}) \, \chi^2_{,}$$

and similar for
$$I_2 \leqslant I_1 + I_3$$
 and $I_3 \leqslant I_1 + I_2$

①
$$I_{33} = \int d^3\pi \rho(n,z) n^2 = \int dn \int n d\phi \int dz \rho(n,z) n^2$$

$$= 2\pi \int n^3 dn \int dz \rho(n,z)$$

$$I_{13} = \int d^3 \pi \, \rho(\gamma_1 z) \left(r \cos \varphi \cdot z \right)$$

$$= \int_{0}^{\pi/2} d\tau \int_{-\infty}^{\infty} z dz \, \rho(\tau,z) \int_{0}^{2\pi} cor \varphi \, d\varphi$$

$$=0 \qquad \qquad \sin \varphi \left| \begin{array}{c} 2\pi \\ 0 \end{array} \right| = 0$$

$$\exists I : \begin{pmatrix} I_{11} & I_{12} & O \\ I_{12} & I_{12} & O \\ O & O & I_{33} \end{pmatrix}$$

$$I_{12} := \int d^{3}\overline{\lambda} \quad \rho(x_{1}z) \quad r \cos \varphi \quad x \sin \varphi$$

$$= \int x^{3} dx \int_{-\infty}^{\infty} dz \quad \rho(x_{1}z) \int_{-\infty}^{2\pi} \cos \varphi \sin \varphi \, d\varphi$$

$$= \int d^{3}\overline{\lambda} \quad \rho(x_{1}z) \left(x^{2} \cos^{2}\varphi + z^{2} \right)$$

$$I_{11} := \int d^{3}\overline{\lambda} \quad \rho(x_{1}z) \left(x^{2} \sin^{2}\varphi + z^{2} \right)$$

$$= \int dx \int_{-\infty}^{2\pi} dz \quad \rho(x_{1}z) \left(x^{2} \sin^{2}\varphi + z^{2} \right)$$

$$= \int dx \int_{-\infty}^{2\pi} dz \quad \rho(x_{1}z) \left(x^{3} \int_{-\infty}^{2\pi} \sin^{2}\varphi \, d\varphi + 2\pi x^{2} \right)$$

$$= \int dx \int_{-\infty}^{2\pi} dz \quad \rho(x_{1}z) \left(x^{3} \int_{-\infty}^{2\pi} \sin^{2}\varphi \, d\varphi + 2\pi x^{2} \right)$$

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$$= \int dx \int_{-\infty}^{2\pi} dx \quad \rho(x_{1}z) \int_{-\infty}^{2\pi} dx \quad \rho(x_$$

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$$\Delta \varphi = \omega T - \int \omega(t) dt$$

$$\frac{d}{dt}(I\omega) = 0 \implies I\omega = I_3(t) \omega(t) = constant$$

$$\omega(t) = \frac{constant}{I_3(t)}$$

$$I_3(t) = \frac{2}{5}MR^2 + m(Rsin \frac{\pi}{T}t)^2$$

$$\Rightarrow \omega(t) = \omega \frac{\frac{2}{5}MR^2}{\frac{2}{5}MR^2}$$

$$\frac{2}{5}MR^2 + mR^2 sin^2 \frac{\pi t}{T}$$

$$\Delta \varphi = \omega T - \int \omega \frac{1}{1 + \frac{5m}{2M}} sin^2 \frac{\pi t}{T}$$

$$= \omega T - \omega \frac{T}{T} \frac{T}{1 + \frac{5m}{2M}}$$

$$= \omega T (1 - \sqrt{\frac{2m}{2M}})$$