Physical pendulum

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Solution: The inertial moment of a thin bar is,

$$I = \frac{1}{3}mL^2 \; .$$

The center-of-mass is in the middle of the bar, L = 2D. Hence,

$$\omega_0 = \sqrt{\frac{Dmg}{I}} = \sqrt{\frac{3g}{2L}} \; .$$