## List of Abbreviations

Abbreviation	Full form
BNF	Backward Natural Frequency
BNNF	Backward Nonlinear Frequency
DOF	Degree of Freedom
FFT	Fast Fourier Transform
FNF	Forward Natural Frequency
FNNF	Forward Nonlinear Natural Frequency
HBM	Harmonic Balance Method
MI	Moment of inertia
MMS	Method of Multiple Scales
NNM	Nonlinear Normal Mode
Ph.D.	Doctor of Philosophy
S-N	Saddle Node