5 A particle P of mass m is attached to one end of a light inextensible string of length a. The other end of the string is attached to a fixed point O. The particle completes vertical circles with centre O. The points A and B are on the path of P, both on the same side of the vertical through O. OA makes an angle θ with the downward vertical through O and OB makes an angle θ with the upward vertical through O.

The speed of P when it is at A is u and the speed of P when it is at B is $\sqrt{ag}$. The tensions in the string at A and B are T_A and T_B respectively. It is given that $T_A = 7T_B$.

Find the value of θ and find an expression for u in terms of a and g. [8]