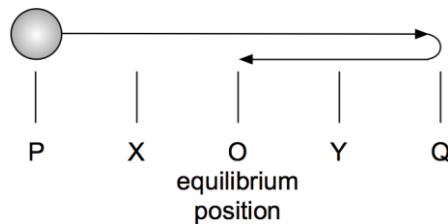


14. An object performs linear simple harmonic motion between P and Q. X and Y are the midpoints between the equilibrium position O with P and Q respectively as shown.



If the period of the oscillation is  $T$ , what is the minimum time required for the object to move from X to Q?

A  $\frac{3T}{4}$

B  $\frac{2T}{3}$

C  $\frac{3T}{8}$

D  $\frac{T}{3}$