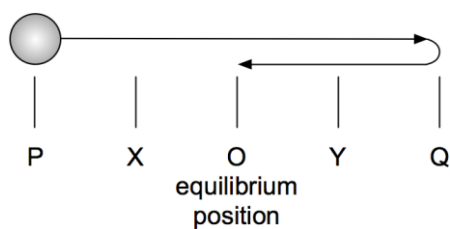


14. An object performs linear simple harmonic motion between P and Q.

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 $\frac{T}{3}$