29 The rest mass of the deuterium, $^{2}_{1}H$ is equivalent to an energy of 1876 MeV. The rest mass of a proton is equivalent to 939 MeV and that of a neutron to 940 MeV.

How may a deuterium disintegrate into a proton and a neutron?

A by capturing a γ-ray photon of energy 2 MeV

B by emitting a γ-ray photon of energy 2 MeV

C by capturing a γ-ray photon of energy 3 MeV

D by emitting a γ-ray photon of energy 3 MeV