10 Ideal Pendulum

An object of mass 2kg is attached to a pendulum whose string length is 5 meters. If the ideal pendulum (neglect the mass of the string and the shape of the object) is displaced by an angle of 30 degree with respect to the vertical, and released with an initial and tangential velocity of 2m/s upward?

a) What is the velocity of the object at its lowest position?

If instead of being released with an initial and tangential velocity of 2m/s upwards, the pendulum is released with an initial and tangential velocity of 2m/s downward,

b) What is the velocity of the object at its lowest position?