f a light elastic spring of natural length a a

A particle P of mass m is attached to one end of a light elastic spring of natural length a and modulus of elasticity 5mg. The other end of the spring is attached to a fixed point O. The spring hangs vertically with P below O. The particle P is pulled down vertically and released from rest when the length of the spring is $\frac{3}{2}a$. Find the distance of P below O when P first comes to instantaneous rest. [4]