3 A particle P of mass m kg is attached to one end of a light elastic string of natural length 2 m and modulus of elasticity $2mg$ N. The other end of the string is attached to a fixed point O. The particle P hangs in equilibrium vertically below O. The particle P is pulled down vertically a distance d m below its equilibrium position and released from rest.

(a) Given that the particle just reaches O in the subsequent motion, find the value of d. [6]

(b) Hence find the speed of P when it is 2 m below O. [2]