1. Familiarize yourself with the basics of Assembly Language: Before diving into NASM, it's important to understand the fundamentals of Assembly Language. Start by learning the basic concepts such as registers, memory, instructions, and the syntax used to write Assembly code.

2. Install NASM: The first step towards learning NASM is to install it on your machine. NASM is available for multiple platforms like Windows, Linux, and macOS. Download and install the version that is compatible with your system.

3. Write simple programs: Start by writing simple programs in NASM to get a feel for the language. Start with basic programs like printing messages on the screen, reading input from the user, and performing arithmetic operations. This will help you understand how NASM works and get comfortable with the syntax.

4. Debug your programs: Debugging is an essential part of programming, and NASM is no exception. Learn how to use debugging tools like GDB to identify and fix errors in your code. This will help you become more efficient in your programming and also give you a better understanding of how your code works.

You have to go through all these steps and confirm the completion by text or screenshot, and of course to write 3 programs in NASM with the theme of your choice and comment each line of code it executes.

The report must contain an introduction

- screenshot for each of the 4 proposed items
- explanations
- exercises
- conclusion