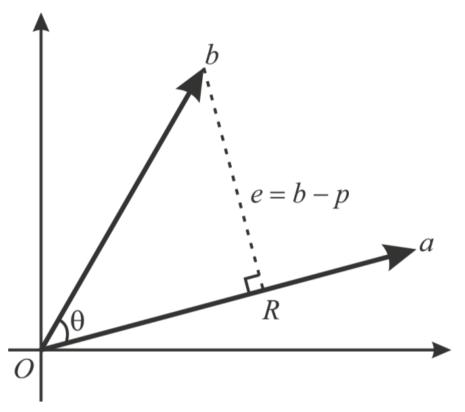
Step-1

Consider this diagram;



The objective is to find norm of p.

Step-2

It is observed that OR = p is the projection of b on a.

This implies;

$$p = \hat{x} a$$

$$= \frac{a^T b}{a^T a} a$$

$$= \frac{a^T b}{\|a\|^2} a$$
and $\hat{a} \in \hat{a} \in (1)$

$$\cos\theta = \frac{a^T b}{\|a\| \|b\|} \hat{\mathbf{a}} \in \hat{\mathbf{a}} \cdot [2]$$

By definition of norm, $||p||^2 = p^T p$

Use (1), and get
$$\|p\|^2 = \left(\frac{a^T b}{\|a\|^2}a\right)^T \frac{a^T b}{\|a\|^2}a$$

$$= \frac{\left(\|a\| \|b\| \cos \theta\right) a^{T}}{\|a\|^{2}} \frac{\left(\|a\| \|b\| \cos \theta\right) a}{\|a\|^{2}}$$
 while norm is a scalar

Use (2), it can be written this as

$$= \frac{\left(\|a\|\|b\|\cos\theta\right)^{2} a^{T} a}{\|a\|^{2} \|a\|^{2}}$$

$$= \frac{\left(\|a\|\|b\|\cos\theta\right)^{2} \|a\|^{2}}{\|a\|^{2} \|a\|^{2}}$$

$$= \|b\|^{2} \cos^{2}\theta$$

Since norm is a non negative quantity, by applying square root on both sides, get $||p|| = ||b|| \cos \theta$

Hence, norm of p is $||p|| = ||b|| \cos \theta$