No worries — that happens when the image container/aspect isn’t locked, or the image isn’t told how to fill it. Here are drop-in fixes you can paste into Header.jsx. Pick **one** of the two variants.

**Option A — Rounded-square card (matches your current style)**

<motion.div

whileHover={{ scale: 1.02 }}

className="mx-auto w-56 sm:w-64 md:w-72 aspect-square rounded-2xl bg-gradient-to-br from-slate-800 to-slate-900 p-1 shadow-2xl overflow-hidden"

>

<img

src="/aryan-profile.jpg" // image in /public

alt="Aryan Singh"

className="h-full w-full rounded-[calc(theme(borderRadius.2xl)-0.25rem)] object-cover object-center"

loading="eager"

decoding="async"

/>

</motion.div>

**Why this works**

* aspect-square + fixed width → preserves a perfect square at all sizes.
* overflow-hidden clips any overflow so there’s no spill.
* object-cover fills the box without distortion; object-center keeps the face centered.
* The inner rounded-[calc(...)] keeps the photo corners aligned with the outer frame after p-1.

**Option B — Circular avatar with glowing gradient ring**

<motion.div

whileHover={{ scale: 1.02 }}

className="relative mx-auto w-40 sm:w-48 md:w-56 aspect-square rounded-full p-[3px] shadow-2xl overflow-hidden"

>

{/\* gradient ring \*/}

<div className="absolute inset-0 rounded-full bg-gradient-to-r from-cyan-500 via-blue-500 to-purple-500" />

{/\* image holder \*/}

<div className="relative h-full w-full rounded-full bg-slate-900 p-[2px]">

<img

src="/aryan-profile.jpg"

alt="Aryan Singh"

className="h-full w-full rounded-full object-cover object-center"

loading="eager"

decoding="async"

/>

</div>

</motion.div>

**If the face is getting cropped weirdly**

Nudge the focal point:

<img

src="/aryan-profile.jpg"

alt="Aryan Singh"

className="h-full w-full rounded-2xl object-cover object-[50%\_35%]" // center horizontally, 35% from top

/>

**Quick checklist**

1. Put the file in public/ and reference it like /aryan-profile.jpg (root path).
2. Keep the wrapper with **aspect-square** and a fixed **width**.
3. On the <img>, always add **object-cover object-center** (or tweak object-[x\_y]).
4. Ensure the wrapper has **overflow-hidden** so the image can safely overflow while covering.

Want me to drop this into your existing Header.jsx and re-share that whole file ready to paste?