A particle P of mass m is attached to one end of a light inextensible string of length a. The other end of the string is attached to a fixed point O. The particle P is held at the point A, where OA makes an angle α with the downward vertical through O, and with the string taut. The particle P is projected perpendicular to OA in an upwards direction with speed $\sqrt{3ag}$. It then starts to move along a circular path in a vertical plane. The string goes slack when P is at B, where OB makes an angle θ with the upward vertical.

Given that $\cos \alpha = \frac{4}{5}$, find the value of $\cos \theta$.

[4]