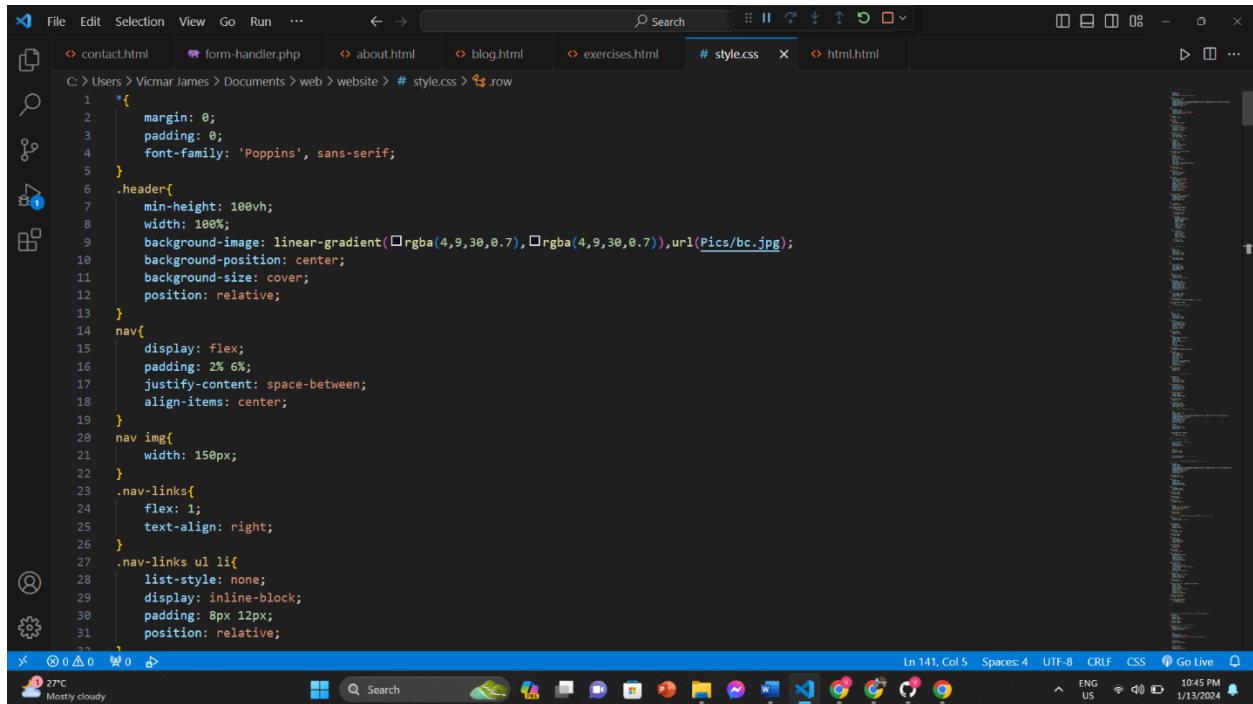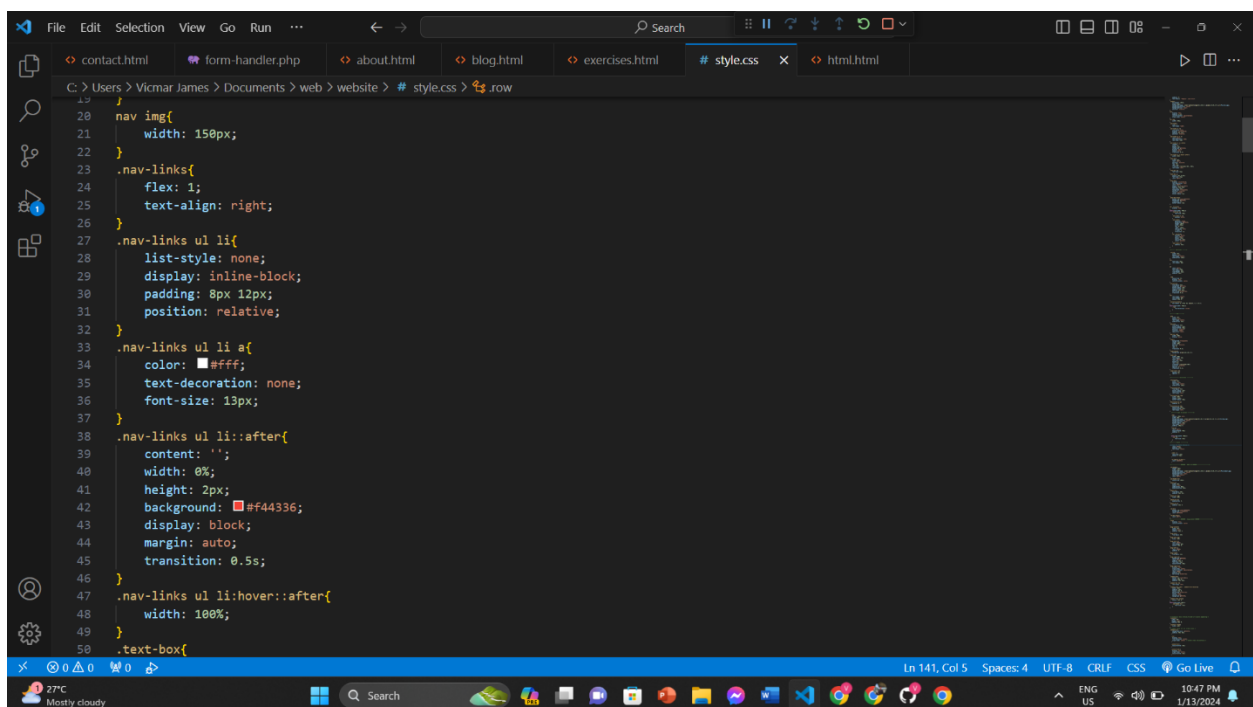The purpose of including a responsive implementation in the `<head>` tag of a CSS file is to optimize the styling and layout of a website or web application for various screen sizes and devices, ensuring a consistent and user-friendly experience across different platforms.