

$$\leq \frac{1}{\sqrt{\pi}} \left(\frac{1}{\sqrt{\pi}} + \frac{1}{\sqrt{\pi}} \right) = \frac{2}{\sqrt{\pi}}$$

$$\leq \text{[diagram 1]} \cdot \text{[diagram 2]} : \quad \text{[diagram 3]} = \text{[diagram 4]}$$

$$\leq \frac{1}{n} \sum_{i=1}^n \left(\frac{1}{\lambda_i} + \frac{\lambda_i}{n} \right) = \frac{1}{n} \left(\frac{1}{\lambda_1} + \frac{1}{\lambda_2} + \dots + \frac{1}{\lambda_n} \right) + \frac{1}{n}$$

$$\leq \text{[diagram 1]} \text{[diagram 2]} \text{[diagram 3]} \text{[diagram 4]} \text{[diagram 5]} \text{[diagram 6]} \text{[diagram 7]} \text{[diagram 8]} \text{[diagram 9]} \text{[diagram 10]}$$