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If $a, b > 0, \frac{1}{\sqrt{a}} + \frac{1}{\sqrt{b}} = 2$ then:

$$\frac{1}{a^2 + b + 2b\sqrt{a}} + \frac{1}{b^2 + a + 2a\sqrt{b}} + \frac{\lambda}{a + b} \leq \frac{\lambda + 1}{2}$$

Proposed by Marin Chirciu-Romania

Solution by Tapas Das-India

$$\begin{aligned} \frac{1}{\sqrt{a}} + \frac{1}{\sqrt{b}} = 2 \text{ or, } 1 &\stackrel{AM-GM}{\leq} \sqrt[4]{ab} \text{ or } ab \geq 1 \\ \frac{1}{a^2 + b + 2b\sqrt{a}} + \frac{1}{b^2 + a + 2a\sqrt{b}} + \frac{\lambda}{a + b} &\stackrel{AM-GM}{\leq} \\ \leq \frac{1}{2a\sqrt{b} + 2b\sqrt{a}} + \frac{\lambda}{2\sqrt{ab}} &= \frac{1}{(ab)\left(\frac{1}{\sqrt{a}} + \frac{1}{\sqrt{b}}\right)} + \frac{\lambda}{2\sqrt{ab}} \leq \frac{\lambda + 1}{2}, \\ \text{since } ab \geq 1 \text{ and } \frac{1}{\sqrt{a}} + \frac{1}{\sqrt{b}} &= 2 \end{aligned}$$