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In ΔABC the following relationship holds:

$$\sum \frac{a^2}{(\sin B + \sin C)^2} \geq 3R^2$$

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$$\begin{aligned} \frac{a^2}{(\sin B + \sin C)^2} &= \frac{4R^2 \sin^2 A}{(\sin B + \sin C)^2} = \left(\frac{2 \sin \frac{A}{2} \cos \frac{A}{2}}{2 \sin \frac{B+C}{2} \cdot \cos \frac{B-C}{2}} \right)^2 \cdot 4R^2 = \\ 4R^2 \left(\frac{\sin \frac{A}{2} \cos \frac{A}{2}}{\cos \frac{A}{2} \cdot \cos \frac{B-C}{2}} \right)^2 &\geq 4R^2 \sin^2 \frac{A}{2} \left(\text{Because } \cos \frac{B-C}{2} \leq 1 \right) \end{aligned}$$

$$\begin{aligned} \sum_{cyc} \frac{a^2}{(\sin B + \sin C)^2} &\geq 4R^2 \sum_{cyc} \sin^2 \frac{A}{2} \\ \sum_{cyc} \sin^2 \frac{A}{2} &= \frac{3}{2} - \frac{1}{2} \sum_{cyc} \cos A = \frac{3}{2} - \frac{1}{2} \left(1 + \frac{r}{R} \right) = 1 - \frac{r}{2R} \stackrel{\text{Euler}}{\geq} 1 - \frac{1}{4} = \frac{3}{4} \quad (1) \end{aligned}$$

$$\sum_{cyc} \frac{a^2}{(\sin B + \sin C)^2} \geq 4R^2 \cdot \frac{3}{4} = 3R^2$$