ROMANIAN MATHEMATICAL MAGAZINE

In $\triangle ABC$ the following relationship holds:

$$7 + \cot^2 A + \cot^2 B + \cot^2 C \le 8 \left(\frac{R}{2r}\right)^4$$

Proposed by George Apostolopoulos-Greece

Solution by Tapas Das-India

$$7 + \cot^2 A + \cot^2 B + \cot^2 C = 7 + \sum \csc^2 A - 3 = 4 + \sum \frac{4R^2}{a^2} =$$
$$= 4 + 4R^2 \sum \frac{1}{a^2} \stackrel{Steining}{\leq} 4 + \frac{4R^2}{4r^2} = (2)^2 + \left(\frac{R}{r}\right)^2 \stackrel{Euler}{\leq} \left(\frac{R}{r}\right)^2 + \left(\frac{R}{r}\right)^2 = 2\left(\frac{R}{r}\right)^2 =$$
$$= 2 \cdot \frac{R^2 R^2}{r^2 R^2} \stackrel{Euler}{\leq} \frac{2(R)^4}{r^2 \cdot 4r^2} = \frac{8(R^4)}{16r^4} = 8\left(\frac{R}{2r}\right)^4$$

Equality holds for A = B = C