

1.

$$\vec{L} = m \vec{r} \times \vec{v}$$

$$\vec{v} = \vec{\omega} \times \vec{r}$$

$$\Rightarrow \vec{L} = m (\vec{r} \times \vec{v}) \times \vec{r}$$

$$= m [\vec{v} (\vec{r} \cdot \vec{r}) - \vec{r} (\vec{r} \cdot \vec{v})] \quad (2)$$

$$= m [r^2 \vec{v} - r^2 \hat{r} (\hat{r} \cdot \vec{v})] \quad \left(\because \vec{A} \times \vec{B} \times \vec{C} = \vec{B} (\vec{A} \cdot \vec{C}) - \vec{C} (\vec{A} \cdot \vec{B}) \right)$$

$$= m r^2 [\vec{v} - \hat{r} (\hat{r} \cdot \vec{v})]$$

(using $\vec{r} = r \hat{r}$)

(2)

2.

$$T = \int_{\text{all space}} \psi(\vec{r}) \left(-\frac{\hbar^2}{2m} \nabla^2 \psi(\vec{r}) \right) d\tau$$

$$= \left(-\frac{\hbar^2}{2m} \right) \int_{\text{all space}} \psi(\vec{r}) \nabla^2 \psi(\vec{r}) d\tau$$

$$= \left(-\frac{\hbar^2}{2m} \right) \int_{\text{all space}} [\vec{\nabla} \cdot (\psi \nabla \psi) - (\nabla \psi)^2] d\tau$$

(2)

(using $\vec{\nabla} \cdot (f \vec{v})$)

$$= \vec{\nabla} f \cdot \vec{v} + f \vec{\nabla} \cdot \vec{v}$$

w/ $\vec{v} = \vec{\nabla} \psi, f = \psi$

$$= \left(-\frac{\hbar^2}{2m} \right) \left\{ \int_{\text{all space}} \vec{\nabla} \cdot (\psi \nabla \psi) d\tau - \int_{\text{all space}} (\nabla \psi)^2 d\tau \right\}$$

$$= \left(\frac{-\hbar^2}{2m} \right) \left\{ \int_{\text{Surface at infinity}} (\psi \nabla \cdot \psi) \cdot d\vec{\sigma} - \int_{\text{all space}} (\nabla \psi)^2 d\tau \right\}$$

(1/2)

Using Gauss theorem for the first term considering a surface ~~boundary~~ boundary and integration space. Note that as the integration volume extends to infinity, all points on this surface will have $r \rightarrow \infty$.

$$= \left(\frac{-\hbar^2}{2m} \right) \left(- \int_{\text{all space}} (\nabla \psi)^2 d\tau \right) = \frac{\hbar^2}{2m} \int_{\text{all space}} (\nabla \psi)^2 d\tau \geq 0$$

(1/2) The first term involving the surface integral goes to zero as $\psi(\vec{r}) \rightarrow 0$ for $r \rightarrow \infty \Rightarrow \psi \nabla \psi$ evaluated on the surface would also be 0.

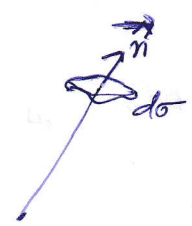
3. ψ satisfies Laplace's equation This means:

$$\nabla^2 \psi(\vec{r}) = 0 \quad \dots 0 \dots$$

①

Consider a region Ω_R lying within the volume V , with volume Ω_R & ^{closed} surface S_R . Let us consider the integral

$$I_R = \int_{S_R} \vec{\nabla} \psi \cdot d\vec{\sigma}$$



①

$$= \int_{S_R} (\vec{\nabla} \psi \cdot \vec{n}) d\sigma$$

where $d\vec{\sigma} = \vec{n} d\sigma$
 $\vec{n} \rightarrow$ unit normal to the differential area $d\sigma$.

~~$\int_{\Omega_R} \nabla^2 \psi d\tau$~~

Let $\vec{f}(\vec{r}) = \vec{\nabla} \psi$

②

Using Gauss' Theorem, $\int_{S_R} \vec{f}(\vec{r}) \cdot d\vec{\sigma} = \int_{\Omega_R} \vec{\nabla} \cdot \vec{f}(\vec{r}) d\tau$... 2 ...

Using ... 2 ... in ... 1 ... we get that

$$I_R = \int_{S_R} (\vec{\nabla} \psi \cdot \vec{n}) d\sigma = \int_{S_R} \vec{\nabla} \psi \cdot d\vec{\sigma} = \int_{\Omega_R} \vec{\nabla} \cdot (\vec{\nabla} \psi) d\tau$$

②

$$= \int_{\Omega_R} \nabla^2 \psi d\tau = 0 \quad \text{using } \dots 0 \dots$$

4. $\hat{L} = -i\hbar \vec{r} \times \vec{\nabla}$... 0 ...

Position vector in spherical polar coordinates is

$\vec{r} = r \hat{r}$... 1 ...

①

Gradient can be obtained by using the general formula

$$\vec{\nabla} \psi = \sum_{l=1}^3 (\vec{e}_l \cdot \vec{\nabla} \psi) \vec{e}_l$$

①

$$= \sum_{l=1}^3 \frac{1}{h_l} \frac{\partial \psi}{\partial q_l} \vec{e}_l$$
 ... 2 ...

where \vec{e}_l are unit vectors along the new coordinates, & h_l is the scaling factor.

For spherical coordinates these are $\vec{e}_1 = \hat{r}$, $\vec{e}_2 = \hat{\theta}$, $\vec{e}_3 = \hat{\phi}$

$h_1 = 1, h_2 = r, h_3 = r \sin \theta$.

①/2

∴ In spherical polar coordinates

$$\vec{\nabla} \psi = \frac{\partial \psi}{\partial r} \hat{r} + \frac{1}{r} \frac{\partial \psi}{\partial \theta} \hat{\theta} + \frac{1}{r \sin \theta} \frac{\partial \psi}{\partial \phi} \hat{\phi}$$

①/2

In other words,

$$\vec{\nabla} = \hat{r} \frac{\partial}{\partial r} + \hat{\theta} \frac{1}{r} \frac{\partial}{\partial \theta} + \hat{\phi} \frac{1}{r \sin \theta} \frac{\partial}{\partial \phi}$$
 ... 3 ...

Now, using ...

$$\vec{r} \times \vec{\nabla} = \begin{vmatrix} \hat{r} & \hat{\theta} & \hat{\phi} \\ r & 0 & 0 \\ \frac{\partial}{\partial r} & \frac{1}{r} \frac{\partial}{\partial \theta} & \frac{1}{r \sin \theta} \frac{\partial}{\partial \phi} \end{vmatrix} = \hat{\theta} \left(-\frac{1}{\sin \theta} \frac{\partial}{\partial \phi} \right) + \hat{\phi} \frac{\partial}{\partial \theta}$$

②

$$\Rightarrow \hat{L} = i\hbar \left[\hat{\theta} \frac{1}{\sin \theta} \frac{\partial}{\partial \phi} - \hat{\phi} \frac{\partial}{\partial \theta} \right]$$