$$\begin{array}{l} \sum\limits_{0}^{\infty} d\theta \int_{0}^{2\pi} r^{2} \sin(\theta) d\phi \\ \int\limits_{0}^{\pi} d\theta \int_{0}^{2\pi} \sin(\theta) \left(\frac{1}{5} \sin(\theta m) \sin(n\phi) + 1\right)^{2} d\phi \\ \frac{4 \sin(\pi m) \sin^{2}(\pi n)}{5n - 5m^{2} n} \\ \frac{1}{5n - 5m^{2} n} \\ \frac{1}{5m - 5m^{2} n} \\ \frac{1}{2m^{2} + \cos(2\pi m) - 1} + \frac{\pi}{100(4m^{2} - 1)n} \\ \frac{4\pi}{(8m^{2} + \cos(2\pi m) - 1)} + \frac{4\pi}{4\pi} \\ \frac{4\pi}{(50(4m^{2} - 1))} + \frac{4\pi}{4\pi} \\ \frac{\pi}{(50(4m^{2} - 1))} + \frac{4\pi}{4\pi} \\ \frac{\pi}{(50(4m^{2} - 1))} + \frac{4\pi}{4\pi} \\ \frac{\pi}{(50(4m^{2} - 1))} + \frac{\pi}{2m^{2}} \\ \frac{\pi}{(50(4m^{2} - 1))} + \frac{\pi}{2m^{2}$$