

# Mecânica Quântica Avançada

## Prova 2

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**Exercise 1.** *The Galilean boosts, a.k.a. pure Galilean transformations, form a subgroup of a larger, 10-dimensional group named Galilei (or Galileo) group of space-time transformations:*

$$\begin{aligned}\vec{x} &\rightarrow \vec{x}' = R\vec{x} + \vec{a} + \vec{v}t \\ t &\rightarrow t' = t + s\end{aligned}$$

where in the addition to the displacement  $\vec{a}$  and boost velocity  $\vec{v}$  studied so far, one also has a spatial rotation  $R$  and time displacement  $s$ . Let  $g = (R, \vec{a}, \vec{v}, s)$  denote such a transformation. Show that the composition law for  $g_3 = g_2 g_1$ , with  $g_3 = (R_3, \vec{a}_3, \vec{v}_3, s_3)$  is:

$$\begin{aligned}R_3 &= R_2 R_1 \\ \vec{a}_3 &= \vec{a}_2 + R\vec{a}_1 + \vec{v}_2 s_1 \\ \vec{v}_3 &= \vec{v}_2 + R_2 \vec{v}_1 \\ s_3 &= s_2 + s_1\end{aligned}$$

**Answer.** If we apply  $g_3$  to the pair  $\{\vec{v}, t\}$ , we get:

$$\begin{aligned}\vec{x} &\rightarrow \vec{x}'' = R_3 \vec{x} + \vec{a}_3 + \vec{v}_3 t \\ t &\rightarrow t'' = t + s_3\end{aligned}$$

Now let us apply  $g_1$  to the initial pair, so that later we may apply  $g_2$  as well:

$$\begin{aligned}\vec{x} &\rightarrow \vec{x}' = R_1 \vec{x} + \vec{a}_1 + \vec{v}_1 t \\ t &\rightarrow t' = t + s_1\end{aligned}$$

Applying  $g_2$  here:

$$\begin{aligned}\vec{x}' &\rightarrow \vec{x}'' = R_2(R_1 \vec{x} + \vec{a}_1 + \vec{v}_1 t) + \vec{a}_2 + \vec{v}_2 t' \\ t' &\rightarrow t'' = (t + s_1) + s_2 = t + (s_2 + s_1)\end{aligned}$$

Rearranging terms in the first of these equations

$$\begin{aligned}\vec{x}'' &= R_2 R_1 \vec{x} + R_2 \vec{a}_1 + \vec{a}_2 + R_2 \vec{v}_1 t + \vec{v}_2 t + \vec{v}_2 s_1 \\ &= (R_2 R_1) \vec{x} + (R_2 \vec{a}_1 + \vec{a}_2 + \vec{v}_2 s_1) + (R_2 \vec{v}_1 + \vec{v}_2) t\end{aligned}$$

Equating this to the transformation of  $g_3$ , we get:

$$\begin{aligned}R_3 &= R_2 R_1 \\ \vec{a}_3 &= R_2 \vec{a}_1 + \vec{a}_2 + \vec{v}_2 s_1 \\ \vec{v}_3 &= R_2 \vec{v}_1 + \vec{v}_2 \\ s_3 &= s_2 + s_1\end{aligned}$$

**Exercise 2. Item 1.** Use the relations

$$\begin{aligned}\langle j'm' | \vec{J}^2 | jm \rangle &= j(j+1) \hbar^2 \delta_{jj'} \delta_{mm'} \\ \langle j'm' | J_0 | jm \rangle &= m \hbar \delta_{mm'} \\ \langle j'm' | J_{\pm} | jm \rangle &= \hbar \sqrt{j(j+1) - m(m \pm 1)} \delta_{jj'} \delta_{m', m \pm 1}\end{aligned}\tag{1}$$

to find the operators  $S_x, S_y, S_z$  for spin  $j = 1/2$ .

**Answer.** First of all, when  $j = 1/2$ , then  $m = \pm 1/2$ . The easiest is  $S_z$ :

$$S_z = \frac{\hbar}{2} \begin{pmatrix} 1 & 0 \\ 0 & -1 \end{pmatrix}\tag{2}$$

The other two we can find as following:

$$S_{\pm} = S_x \pm i S_y\tag{3}$$

Thus, inverting:

$$\begin{aligned}S_x &= \frac{S_+ + S_-}{2} \\ S_y &= \frac{S_+ - S_-}{2i}\end{aligned}$$

We must only find  $S_{\pm}$ :

$$\begin{aligned}S_+ &= \hbar \begin{pmatrix} 0 & 1 \\ 0 & 0 \end{pmatrix} \\ S_- &= \hbar \begin{pmatrix} 0 & 0 \\ 1 & 0 \end{pmatrix}\end{aligned}$$

Therefore, we see that

$$\begin{aligned}S_x &= \frac{\hbar}{2} \begin{pmatrix} 0 & 1 \\ 1 & 0 \end{pmatrix} \\ S_y &= \frac{\hbar}{2i} \begin{pmatrix} 0 & 1 \\ -1 & 0 \end{pmatrix}\end{aligned}$$

**Item 2.** Using the same relations, find the matrix representations of  $J_x, J_y, J_z$  for  $j = 1$ .

**Answer.** Now with  $j = 1$ , we have  $m = -1, 0, 1$ . Again, the easiest is  $J_z$ :

$$J_z = \hbar \begin{pmatrix} 1 & 0 & 0 \\ 0 & 0 & 0 \\ 0 & 0 & -1 \end{pmatrix} \quad (4)$$

We can again find  $J_{x,y}$  by means of  $J_{\pm}$ , thus we shall find them first.

$$\begin{aligned} J_+ &= \hbar \begin{pmatrix} 0 & \sqrt{2} & 0 \\ 0 & 0 & \sqrt{2} \\ 0 & 0 & 0 \end{pmatrix} \\ J_- &= \hbar \begin{pmatrix} 0 & 0 & 0 \\ \sqrt{2} & 0 & 0 \\ 0 & \sqrt{2} & 0 \end{pmatrix} \end{aligned}$$

Summing and subtracting accordingly:

$$\begin{aligned} J_x &= \frac{\hbar}{\sqrt{2}} \begin{pmatrix} 0 & 1 & 0 \\ 1 & 0 & 1 \\ 0 & 1 & 0 \end{pmatrix} \\ J_y &= \frac{\hbar}{i\sqrt{2}} \begin{pmatrix} 0 & 1 & 0 \\ -1 & 0 & 1 \\ 0 & -1 & 0 \end{pmatrix} \end{aligned}$$

**Item 3.** Show that, for  $j = 1$ , the cartesian components are related to the infinitesimal generators  $T_x, T_y, T_z$  by a unitary transformation

$$U = \frac{1}{\sqrt{2}} \begin{pmatrix} -1 & 0 & 1 \\ -i & 0 & -i \\ 0 & \sqrt{2} & 0 \end{pmatrix} \quad (5)$$

with  $J_i = U^\dagger T_i U$ .

**Answer.** All we need to do is two matrix multiplications for each coordinate in order to check that the expression works. Let us begin with the first one:

$$\begin{aligned} U^\dagger T_x U &= \frac{1}{2} \begin{pmatrix} -1 & i & 0 \\ 0 & 0 & \sqrt{2} \\ 1 & i & 0 \end{pmatrix} \begin{pmatrix} 0 & 0 & 0 \\ 0 & 0 & -i \\ 0 & i & 0 \end{pmatrix} \begin{pmatrix} -1 & 0 & 1 \\ -i & 0 & -i \\ 0 & \sqrt{2} & 0 \end{pmatrix} \\ &= \frac{1}{2} \begin{pmatrix} -1 & i & 0 \\ 0 & 0 & \sqrt{2} \\ 1 & i & 0 \end{pmatrix} \begin{pmatrix} 0 & 0 & 0 \\ 0 & -i\sqrt{2} & 0 \\ 1 & 0 & 1 \end{pmatrix} \\ &= \frac{1}{2} \begin{pmatrix} 0 & \sqrt{2} & 0 \\ \sqrt{2} & 0 & \sqrt{2} \\ 0 & \sqrt{2} & 0 \end{pmatrix} \\ &= \frac{1}{\sqrt{2}} \begin{pmatrix} 0 & 1 & 0 \\ 1 & 0 & 1 \\ 0 & 1 & 0 \end{pmatrix} \\ &= J_x \end{aligned}$$

Doing the same for the next:

$$\begin{aligned}
U^\dagger T_y U &= \frac{1}{2} \begin{pmatrix} -1 & i & 0 \\ 0 & 0 & \sqrt{2} \\ 1 & i & 0 \end{pmatrix} \begin{pmatrix} 0 & 0 & i \\ 0 & 0 & 0 \\ -i & 0 & 0 \end{pmatrix} \begin{pmatrix} -1 & 0 & 1 \\ -i & 0 & -i \\ 0 & \sqrt{2} & 0 \end{pmatrix} \\
&= \frac{1}{2} \begin{pmatrix} -1 & i & 0 \\ 0 & 0 & \sqrt{2} \\ 1 & i & 0 \end{pmatrix} \begin{pmatrix} 0 & i\sqrt{2} & 0 \\ 0 & 0 & 0 \\ i & 0 & -i \end{pmatrix} \\
&= \frac{1}{2} \begin{pmatrix} 0 & -i\sqrt{2} & 0 \\ i\sqrt{2} & 0 & -i\sqrt{2} \\ 0 & i\sqrt{2} & 0 \end{pmatrix} \\
&= \frac{1}{i\sqrt{2}} \begin{pmatrix} 0 & 1 & 0 \\ -1 & 0 & 1 \\ 0 & -1 & 0 \end{pmatrix} \\
&= J_y
\end{aligned}$$

Finally,

$$\begin{aligned}
U^\dagger T_z U &= \frac{1}{2} \begin{pmatrix} -1 & i & 0 \\ 0 & 0 & \sqrt{2} \\ 1 & i & 0 \end{pmatrix} \begin{pmatrix} 0 & -i & 0 \\ i & 0 & 0 \\ 0 & 0 & 0 \end{pmatrix} \begin{pmatrix} -1 & 0 & 1 \\ -i & 0 & -i \\ 0 & \sqrt{2} & 0 \end{pmatrix} \\
&= \frac{1}{2} \begin{pmatrix} -1 & i & 0 \\ 0 & 0 & \sqrt{2} \\ 1 & i & 0 \end{pmatrix} \begin{pmatrix} -1 & 0 & -1 \\ -i & 0 & i \\ 0 & 0 & 0 \end{pmatrix} \\
&= \frac{1}{2} \begin{pmatrix} 2 & 0 & 0 \\ 0 & 0 & 0 \\ 0 & 0 & 2 \end{pmatrix} \\
&= \begin{pmatrix} 1 & 0 & 0 \\ 0 & 0 & 0 \\ 0 & 0 & 1 \end{pmatrix} \\
&= J_z
\end{aligned}$$

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**Item 4.** Find the rotation matrix  $d^{(1)}(\theta)$

$$d^{(1)} = e^{-i\theta J_y} \tag{6}$$

**Answer.** Let us first show that  $J_y = J_y^3$ :

$$\begin{aligned}
J_y^3 &= -\frac{1}{2i\sqrt{2}} \begin{pmatrix} 0 & 1 & 0 \\ -1 & 0 & 1 \\ 0 & -1 & 0 \end{pmatrix} \begin{pmatrix} 0 & 1 & 0 \\ -1 & 0 & 1 \\ 0 & -1 & 0 \end{pmatrix} \begin{pmatrix} 0 & 1 & 0 \\ -1 & 0 & 1 \\ 0 & -1 & 0 \end{pmatrix} \\
&= \frac{1}{2i\sqrt{2}} \begin{pmatrix} 0 & 1 & 0 \\ -1 & 0 & 1 \\ 0 & -1 & 0 \end{pmatrix} \begin{pmatrix} -1 & 0 & 1 \\ 0 & -2 & 0 \\ 1 & 0 & -1 \end{pmatrix} \\
&= \frac{1}{2i\sqrt{2}} \begin{pmatrix} 0 & -2 & 0 \\ 2 & 0 & -2 \\ 0 & 2 & 0 \end{pmatrix} \\
&= J_y
\end{aligned}$$

Now, we can Taylor expand the exponential:

$$\begin{aligned}
d^{(1)}(\theta) &= 1 - i\theta J_y + \frac{\theta^2}{2} J_y^2 - i\frac{\theta^3}{3!} J_y^3 + \dots \\
&= \mathbb{I} + \left( \frac{\theta^2}{2} + \frac{\theta^4}{4!} + \dots \right) J_y^2 - i \left( \theta + \frac{\theta^3}{3!} + \dots \right) J_y \\
&= \mathbb{I} + (1 - \cos(\theta)) J_y^2 - i \sin(\theta) J_y
\end{aligned}$$

where we used that  $J_y^4 = J_y^2$ . Now, we only need to plug the matrix definition of  $\mathbb{I}$ ,  $J_y$  and  $J_y^2$  to finish.

$$\begin{aligned}
d^{(1)}(\theta) &= \begin{pmatrix} 1 & 0 & 0 \\ 0 & 1 & 0 \\ 0 & 0 & 1 \end{pmatrix} - \frac{1 - \cos \theta}{2} \begin{pmatrix} -1 & 0 & 1 \\ 0 & -2 & 0 \\ 1 & 0 & -1 \end{pmatrix} + \frac{\sin \theta}{\sqrt{2}} \begin{pmatrix} 0 & 1 & 0 \\ -1 & 0 & 1 \\ 0 & -1 & 0 \end{pmatrix} \\
&= \begin{pmatrix} (1 + \cos \theta)/2 & -\sin \theta/\sqrt{2} & (1 - \cos \theta)/2 \\ \sin \theta/\sqrt{2} & \cos \theta & -\sin \theta/\sqrt{2} \\ (1 - \cos \theta)/2 & \sin \theta/\sqrt{2} & (1 + \cos \theta)/2 \end{pmatrix}
\end{aligned}$$

**Exercise 3.** Consider the quantum harmonic oscillator.

**Answer.** The non relativistic relation is

$$T = \frac{p^2}{2M} \quad (7)$$

However, if we consider relativity, we should use

$$T = E - mc^2 \quad (8)$$

Moreover, we also have the relation

$$E^2 = (mc^2)^2 + (pc)^2 \quad (9)$$

Thus, we can write

$$\begin{aligned}
T &= \sqrt{(mc^2)^2 + (pc)^2} - mc^2 \\
&= mc^2 \left( \sqrt{1 + \left( \frac{p}{mc} \right)^2} - 1 \right)
\end{aligned}$$

If we taylor expand with  $p \geq mc^2$  up to first order, we get the original expression for  $T$ , which indicates this equation is correct. Now, let us consider also second order corrections:

$$\begin{aligned} T &= mc^2 \left( \sqrt{1 + \left( \frac{p}{mc} \right)^2} - 1 \right) \\ &= mc^2 \left( \frac{1}{2} \left( \frac{p}{mc} \right)^2 - \frac{1}{8} \left( \frac{p}{mc} \right)^4 \right) \\ &= \frac{p^2}{2m} - \frac{p^4}{8m^3c^2} \end{aligned}$$

Using this, we can write our hamiltonian as:

$$H = H_0 + W \quad (10)$$

where

$$\begin{aligned} H_0 &= \frac{P^2}{2m} + \frac{1}{2}m\omega^2 X^2 \\ W &= -\frac{P^4}{8m^3c^2} \end{aligned}$$

We know, then, that our  $1/c^2$  correction to the ground state eigenenergy is:

$$\Delta E = \langle 0^{(0)} | W | 0^{(0)} \rangle \quad (11)$$

where  $|0^{(0)}\rangle$  is the non-perturbed ground state ket. We can write

$$\hat{P} = i\sqrt{\frac{\hbar m \omega}{2}}(a^\dagger - a) \quad (12)$$

Thus,

$$\begin{aligned} \hat{P}^4 &= \left( \frac{\hbar m \omega}{2} \right)^2 (a^\dagger - a)^4 \\ &= \left( \frac{\hbar m \omega}{2} \right)^2 (a^\dagger - a)(a^\dagger - a)(a^\dagger - a)(a^\dagger - a) \\ &= \left( \frac{\hbar m \omega}{2} \right)^2 ((a^\dagger)^2 - 2N + a^2)((a^\dagger)^2 - 2N + a^2) \\ &= \left( \frac{\hbar m \omega}{2} \right)^2 ((a^\dagger)^4 - 2(a^\dagger)^2N + (a^\dagger)^2a^2 - 2N(a^\dagger)^2 + 4N^2 - 2Na^2 + a^2(a^\dagger)^2 - 2a^2N + a^4) \end{aligned}$$

where we used the hermiticity of  $N$ . Now, let us find the bracket of interest, writing the constants in front of  $\hat{P}^4$  simply as  $c$  for now.

$$\begin{aligned} \hat{P}^4 &= c \langle 0 | (a^\dagger)^4 - 2(a^\dagger)^2N + (a^\dagger)^2a^2 - 2N(a^\dagger)^2 + 4N^2 - 2Na^2 + a^2(a^\dagger)^2 - 2a^2N + a^4 | 0 \rangle \\ &= c \langle 0 | (a^\dagger)^4 - 2N(a^\dagger)^2 + a^2(a^\dagger)^2 | 0 \rangle \\ &= c(2\sqrt{6} \langle 0 | 4 \rangle - 4\sqrt{2} \langle 0 | 2 \rangle + 2 \langle 0 | 0 \rangle) \\ &= 2c \end{aligned}$$

Thus,

$$\Delta E = -2 \left( \frac{\hbar m \omega}{2} \right)^2 \left( \frac{1}{8m^3c^2} \right) = -\frac{\hbar^2 \omega^2}{16mc^2} \quad (13)$$

**Exercise 4.** Consider two spin-1, identical, non-interacting particles.

**Item 1.** Suppose the spacial part of the vector state is symmetric under pair exchange. Let  $|m\rangle = \{+, 0, -\}$ . If possible, build the 3-particle state in the following scenarios. Can the state be written as a eigenket of the total spin  $\vec{S}$ ? If yes, do it and find the total spin.

1. All particles in the state  $|+\rangle$ .

**Answer.** The total state is:

$$|\psi\rangle = |+++ \rangle \quad (14)$$

The total spin is  $\vec{S} = \vec{S}_1 + \vec{S}_2 + \vec{S}_3$ , thus

$$\begin{aligned} \vec{S} |+++ \rangle &= (\vec{S}_1 + \vec{S}_2 + \vec{S}_3) |+++ \rangle \\ &= 3\hbar |+++ \rangle \end{aligned}$$

so the total spin is  $3\hbar$  and our ket is an eigenket of  $\vec{S}$ .

2. Two particles in the  $|+\rangle$  state and one in the  $|0\rangle$  state.

**Answer.** We can write:

$$|\psi\rangle = \frac{1}{\sqrt{3}} (|++0\rangle + |+0+\rangle + |0++\rangle) \quad (15)$$

The total spin is:

$$\begin{aligned} \vec{S} |\psi\rangle &= \frac{1}{\sqrt{3}} (\vec{S}_1 + \vec{S}_2 + \vec{S}_3) (|++0\rangle + |+0+\rangle + |0++\rangle) \\ &= \frac{\hbar}{\sqrt{3}} (2|++0\rangle + 2|+0+\rangle + 2|0++\rangle) \\ &= \frac{2\hbar}{\sqrt{3}} (|++0\rangle + |+0+\rangle + |0++\rangle) \end{aligned}$$

so, again, our ket is an eigenket of the total spin with value  $2\hbar$ .

3. The three particles in different states.

**Answer.** We can write

$$|\psi\rangle = \frac{1}{\sqrt{3!}} (|+0-\rangle + |+-0\rangle + |-+0\rangle + |-0+\rangle + |0-+\rangle + |0+-\rangle) \quad (16)$$

As for the total spin, it is quite easy to see that  $\vec{S} = 0$ , because  $\vec{S} |kk'k''\rangle = (+\hbar) + (0\hbar) + (-\hbar) = 0$  if all states are different. Thus,  $|\psi\rangle$  is also an eigenket of the total spin with eigenvalue 0.

**Item 2.** Now do the same, but supposing an anti-symmetric state vector.

1. All states in the  $|+\rangle$  state.

**Answer.** There is no such anti-symmetrical state like this.

2. Two particles is the  $|+\rangle$  state and one in the  $|0\rangle$  state.

**Answer.** We can write the state using the slater determinant:

$$\begin{aligned} |\psi\rangle &= \frac{1}{\sqrt{3}} \det \begin{bmatrix} |+\rangle & |+\rangle & |0\rangle \\ |+\rangle & |+\rangle & |0\rangle \\ |+\rangle & |+\rangle & |0\rangle \end{bmatrix} \\ &= 0 \end{aligned}$$

so the answer is again no.

3. The three particles in different states. We can write the state using the slater determinant:

$$\begin{aligned} |\psi\rangle &= \frac{1}{\sqrt{3!}} \det \begin{bmatrix} |+\rangle & |+\rangle & |-\rangle \\ |+\rangle & |+\rangle & |-\rangle \\ |+\rangle & |+\rangle & |-\rangle \end{bmatrix} \\ &= \frac{1}{\sqrt{3!}} (|+0-\rangle - |+ - 0\rangle + | - + 0\rangle - |-0+\rangle + |0 - +\rangle - |0 + -\rangle) \end{aligned}$$

Here, the total spin is again zero and our state is an eigenket of  $\vec{S}$ .

**Exercise 5.** Consider the hamiltonian:

$$\hat{H} = \sum_{\alpha} T_{\alpha} a_{\alpha}^{\dagger} a_{\alpha} + \sum_{\alpha, \beta, \gamma} V_{\alpha\beta\gamma} \left( a_{\alpha}^{\dagger} a_{\beta} a_{\gamma} + a_{\alpha}^{\dagger} a_{\beta}^{\dagger} a_{\gamma} \right) \quad (17)$$

where  $V_{\alpha, \beta, \gamma} = V_{\alpha, \beta, \gamma}^*$  and  $T_{\alpha} = T_{\alpha}^*$  are symmetrical in all indices and the operators  $a_{\alpha}, a_{\alpha}^{\dagger}$  satisfy the bosonic commutation relations.

**Item 1.** Is this hamiltonian hermitian? Prove your answer.

**Answer.** Let us calculate it, element by element. The first term is

$$\begin{aligned} T^{\dagger} &= \left( \sum_{\alpha} T_{\alpha} a_{\alpha}^{\dagger} a_{\alpha} \right)^{\dagger} \\ &= \sum_{\alpha} T_{\alpha}^* (a_{\alpha}^{\dagger})^{\dagger} (a_{\alpha})^{\dagger} \\ &= \sum_{\alpha} T_{\alpha} a_{\alpha}^{\dagger} a_{\alpha} \\ &= T \end{aligned}$$

The second term is:

$$\begin{aligned} V^{\dagger} &= \left( \sum_{\alpha, \beta, \gamma} V_{\alpha\beta\gamma} \left( a_{\alpha}^{\dagger} a_{\beta} a_{\gamma} + a_{\alpha}^{\dagger} a_{\beta}^{\dagger} a_{\gamma} \right) \right)^{\dagger} \\ &= \sum_{\alpha, \beta, \gamma} V_{\alpha\beta\gamma}^* \left( a_{\gamma}^{\dagger} a_{\beta}^{\dagger} a_{\alpha} + a_{\gamma}^{\dagger} a_{\beta} a_{\alpha} \right) \\ &= \sum_{\alpha, \beta, \gamma} V_{\gamma\beta\alpha} \left( a_{\alpha}^{\dagger} a_{\beta}^{\dagger} a_{\gamma} + a_{\alpha}^{\dagger} a_{\beta} a_{\gamma} \right) \\ &= \sum_{\alpha, \beta, \gamma} V_{\alpha\beta\gamma} \left( a_{\alpha}^{\dagger} a_{\beta} a_{\gamma} + a_{\alpha}^{\dagger} a_{\beta}^{\dagger} a_{\gamma} \right) \\ &= V \end{aligned}$$



where we exchanged  $\alpha$  and  $\gamma$  because they are just symbols we can assign any name to and then we used the fact that  $V_{\alpha\beta\gamma}$  is symmetrical. Thus,

$$H = H^\dagger \quad (18)$$

**Item 2.** Does this hamiltonian conserve the number of particles  $N = \sum_\alpha a_\alpha^\dagger a_\alpha$ ?

**Answer.** We know  $N$  is a conserved quantity if it commutes with the hamiltonian  $H$ . So, let us calculate it. We can separate our in two steps by considering:

$$\begin{aligned} [H, N] &= HN - NH \\ &= (T + V)N - N(T + V) \\ &= (TN - NT) + (VN - NV) \\ &= [T, N] + [V, N] \end{aligned}$$

So, let's do it in the appropriate order.

$$\begin{aligned} [T, N] &= TN - NT \\ &= \left( \sum_\alpha T_\alpha a_\alpha^\dagger a_\alpha \right) \left( \sum_\beta a_\beta^\dagger a_\beta \right) - \left( \sum_\beta a_\beta^\dagger a_\beta \right) \left( \sum_\alpha T_\alpha a_\alpha^\dagger a_\alpha \right) \\ &= \sum_{\alpha, \beta} T_\alpha a_\alpha^\dagger a_\alpha a_\beta^\dagger a_\beta - a_\beta^\dagger a_\beta T_\alpha a_\alpha^\dagger a_\alpha \\ &= \sum_{\alpha, \beta} T_\alpha (a_\beta^\dagger a_\beta - a_\beta^\dagger a_\beta) a_\alpha^\dagger a_\alpha \\ &= 0 \end{aligned}$$

where we used the fact that  $[N_\alpha, N_\beta] = 0$  and that  $T_\alpha$  is real. Now for the second term, we must do something similar:

$$\begin{aligned} [V, N] &= \left( \sum_{\alpha, \beta, \gamma} V_{\alpha\beta\gamma} (a_\alpha^\dagger a_\beta a_\gamma + a_\alpha^\dagger a_\beta^\dagger a_\gamma) \right) \left( \sum_\sigma a_\sigma^\dagger a_\sigma \right) - \left( \sum_\sigma a_\sigma^\dagger a_\sigma \right) \left( \sum_{\alpha, \beta, \gamma} V_{\alpha\beta\gamma} (a_\alpha^\dagger a_\beta a_\gamma + a_\alpha^\dagger a_\beta^\dagger a_\gamma) \right) \\ &= \end{aligned}$$