ln[14]:= \$Assumptions = $a_0 > 0$ and $a_0 \in Reals$ and $\tau > 0$

 $\text{Out} [14] = \ a_0 \, > \, 0 \, \in \, and \, I\!\!R \ \tau \, > \, 0$

Calculate integral for matrix element

$$\begin{aligned} & \text{In}[15] &:= \ \psi_{210} \left[r_{-}, \ \theta_{-}, \ \phi_{-} \right] \ := \ \frac{1}{2 \sqrt{\pi}} \left(\frac{1}{2 * a_{0}} \right)^{\wedge} \left(\frac{3}{2} \right) * \frac{r}{a_{0}} * \text{Exp} \left[-r / \left(2 * a_{0} \right) \right] * \text{Cos} \left[\theta \right] \\ & \psi_{100} \left[r_{-}, \ \theta_{-}, \ \phi_{-} \right] \ := \ \frac{1}{\sqrt{\pi}} \left(\frac{1}{a_{0}} \right)^{\wedge} \left(\frac{3}{2} \right) * \text{Exp} \left[-r / \left(a_{0} \right) \right] \end{aligned}$$

$$\sqrt{\frac{4\pi}{3}} * Integrate[\psi_{210}[r, \theta, \phi] * r * SphericalHarmonicY[1, 0, \theta, \phi] *$$

$$\psi_{100}[r, \theta, \phi] * r^2 * Sin[\theta], \{r, 0, \infty\}, \{\theta, 0, \pi\}, \{\phi, 0, 2\pi\}]$$

Out[17]= ConditionalExpression
$$\left[\frac{128\sqrt{2} \ a_0}{243}, \ \text{Re}\left[a_0\right] > 0\right]$$

Integrate for the probability

In[18]:= Nasty_Int = Integrate
$$\left[\exp\left[-t^2/\tau^2\right] * \exp\left[i*\omega*t\right], \{t, -\infty, \infty\} \right]$$

$$\text{Out} [\text{18}] = \text{ ConditionalExpression} \Big[\frac{e^{-\frac{1}{4}\tau^2 \, \omega^2} \, \sqrt{\pi}}{\sqrt{\frac{1}{\tau^2}}}, \, \text{Re} \left[\tau^2 \right] > 0 \Big]$$

$$\ln[23] = \frac{q^2 * \varepsilon^2}{h^2} * \left(\frac{128 \sqrt{2} * a_0}{243}\right)^2 * \left(\frac{e^{-\frac{1}{4} \tau^2 \omega^2} \sqrt{\pi}}{\sqrt{\frac{1}{\tau^2}}}\right)^2$$

Out[23]=
$$\frac{32\,768\,\,e^{-\frac{1}{2}\,\tau^2\,\omega^2}\,\pi\,\,q^2\,\varepsilon^2\,\,\tau^2\,\,a_0^2}{59\,049\,\,h^2}$$

$$_{\text{ln[24]:=}} \ \frac{2^{15} \ e^{-\frac{1}{2} \, \tau^2 \, \omega^2} \ \pi \ q^2 \ \varepsilon^2 \ \tau^2 \ a_0^2}{3^{10} \ h^2}$$

Out[24]=
$$\frac{32\,768\,\,\mathrm{e}^{-\frac{1}{2}\,\tau^2\,\omega^2}\,\pi\,\,q^2\,\varepsilon^2\,\,\tau^2\,\,a_0^2}{59\,049\,\,h^2}$$