

Erdős-Ko-Rado theorem:

Let \mathcal{F} be an intersecting family of k -element subsets of $[n]$.
If $2k \leq n$ then the number of members in \mathcal{F} is at most $\binom{n-1}{k-1}$.

$$\text{i.e., } |\mathcal{F}| \leq \binom{n-1}{k-1}$$

Problem 7.3:

Given that A_1, A_2, \dots, A_m are k -element subsets of $[n]$ and
 $A_i \cup A_j \neq [n] \quad \forall i, j$.

Now let us consider $\bar{A}_1, \bar{A}_2, \dots, \bar{A}_m$ to be the k' -element subsets
of $[n]$ where \bar{A}_i represents the complement subset of A_i

$$\text{i.e., } \bar{A}_i = [n] - A_i$$

$$\text{and } k' = n - k.$$

By applying De-morgan's law to the given condition

$$\overline{(A_i \cup A_j)} \neq \overline{[n]}$$

$$(\bar{A}_i) \cap (\bar{A}_j) \neq \emptyset$$

The result obtained is of the same form of requirement
condition of Erdős-Ko-Rado theorem.

So according to the theorem

$$m \leq \binom{n-1}{k'-1}$$

$$\leq \binom{n-1}{n-k-1} = \binom{n-1}{(n-1)-k} = \binom{n-1}{k} = \frac{(n-1)!}{k!(n-1-k)!} \times \frac{n-k}{n} \times \frac{n}{n-k}$$

Hence proved.

$$\leq \frac{(n-1)! \times n}{k! (n-1-k) \times (n-k)} \times \left(1 - \frac{k}{n}\right) = \binom{n}{k} \left(1 - \frac{k}{n}\right)$$