Proposed problem to Mathematical Reflections

Statement

Let $f: [-1,1] \to \mathbb{R}$ a function three times continuously differentiable such that f(-1) = f(1) = f''(-1) = 0. Prove that

$$\left(\int_{-1}^{1} f(x)dx\right)^{2} \le \frac{104}{315} \int_{-1}^{1} (f'''(x))^{2} dx$$