```java
import java.util.Scanner;
public class Kaprekar
{
    public static void main(String args[])
    {
        Scanner br= new Scanner(System.in);
        System.out.println("Enter the starting range");
        int p = br.nextInt();   //For storing starting range
        System.out.println("Enter the ending range");
        int q = br.nextInt();   //For storing ending range

        String numbers = "  ";  //For storing Kaprekar Numbers
        int count = 0; //For counting Kaprekar Numbers

        for(int i=p ;i<=q; i++)
        {

            int number =  i;
            long square = number * number; //To store the square of each number
            double number_of_digits = Double.valueOf((String.valueOf(square)).length()); //Counting the number of digits

            long right_side =  square % (long)Math.pow(10,Math.ceil(number_of_digits/2)); //Extracting the right side of the number
            long left_side = square / (long)Math.pow(10,Math.ceil(number_of_digits/2)); //Extracting the left side of the number

            if(right_side+left_side == number) //Checking whether the number is Kaprekar or not
            {
                numbers += String.valueOf(number)+", ";
                count++;
            }
        }

        System.out.println("\nTHE KAPREKAR NUMBERS ARE:-
"+numbers.substring(0,numbers.length()-2)); //printing Kaprekar Numbers
        System.out.println("\nFREQUENCY OF KAPREKAR NUMBERS IS: "+count);
    }
}
```

OUTPUT

Enter the starting range
1
Enter the ending range
1000

THE KAPREKAR NUMBERS ARE:- 1, 9, 45, 55, 99, 297, 703, 999

FREQUENCY OF KAPREKAR NUMBERS IS: 8