Sir method

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#include<bits/stdc++.h>

using namespace std;

int solve(string s){

unordered\_map<char,int> mp;

int i=-1,j=-1;

int count = 0;

while(true){

bool f1 = false, f2 = false;

int n = s.size();

while(i<n-1){

f1 = true;

i++;

char ch = s[i];

mp[ch]++;

if(mp[ch]>1){

break;

}

else{

count+= (i-j);

}

}

while(j<i){

f2 = true;

j++;

char ch = s[j];

mp[ch]--;

if(mp[ch]==1){

count+= (i-j);

break;

}

}

if(f1==false && f2==false){

break;

}

}

return count;

}

int main(){

string s;

cin>>s;

cout<<solve(s);

}

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My method

#include<bits/stdc++.h>

using namespace std;

int solve(string s){

int count = 0;

for(int i=0;i<s.size();i++){

unordered\_map<char,int> mp;

for(int j=i;j<s.size();j++){

mp[s[j]]++;

if(mp[s[j]]==2){

break;

}

count++;

}

}

return count;

}

int main(){

string s;

cin>>s;

cout<<solve(s);

}