```python
l1 = [ 1,2,1,2,3,4,2,3,2,1]
l2 =[]
for i in l1:
    if i not in l2:
        print "%d is repeated %d times" %(i,l1.count(i))
        l2.append(i)




print "*************"
str1 = " My name is harish"
str2 = ''
for i in str1:
    if i not in str2:
        print "%s is repeated %d times" %(i, str1.count(i))
        str2 += i




list_of_rec = [['harish',48,100,'male'],['neelu',40,70,'female']]
print list_of_rec[0][1]
```