```python
str1 = " My name is Harish and I am 48 years old"

import re

#ma = re.match(r'.* is (.*) and .* am (.*) years',str1)
ma = re.search(r'is (.*) and .* am (.*) years',str1)
if ma:
    #print ma.group(1)
    print ma.group(1)
    print ma.group(2)
else:
    print "No matching"

print "****************"
l1 = ["Harish", "Madaan", 'Nelu','Avinaash','noname']

for i in l1:
    ma = re.search(r'?nm',i)
    if ma:
        print i
```