```python
#get user email
email = input("Enter your E-mail: ").strip()


#slice out user_name from user input
user_name = email[:email.index("@")]


#slice out the domain_name from user input
domain_name = email[email.index("@")+1:]


#format message
output = "Your username is '{}' and your domain name is '{}'".format(user_name,domain_name)


#display required output
print(output)
```