Program-01

A Prime-Adam integer is a positive integer (without leading zeros) which is a prime as well as an Adam number.  
  
Prime number: A number which has only two factors, i.e. 1 and the number itself.  
  
Example: 2, 3, 5, 7 ... etc.  
  
Adam number: The square of a number and the square of its reverse are reverse to each other.  
  
Example: If n = 13 and reverse of 'n' = 31, then,  
  
(13)2 = 169  
  
(31)2 = 961 which is reverse of 169  
  
thus 13, is an Adam number.  
  
Accept two positive integers m and n, where m is less than n as user input. Display all Prime-Adam integers that are in the range between m and n (both inclusive) and output them along with the frequency, in the format given below:  
  
Test your program with the following data and some random data:  
  
Example 1  
  
INPUT:  
m = 5  
n = 100  
  
OUTPUT:  
THE PRIME-ADAM INTEGERS ARE:  
11 13 31  
FREQUENCY OF PRIME-ADAM INTEGERS IS: 3  
  
Example 2  
  
INPUT:  
m = 100  
n = 200  
  
OUTPUT:  
THE PRIME-ADAM INTEGERS ARE:  
101 103 113  
FREQUENCY OF PRIME-ADAM INTEGERS IS: 3  
  
Example 3  
  
INPUT:  
m = 50  
n = 70  
  
OUTPUT:  
THE PRIME-ADAM INTEGERS ARE:  
NIL  
FREQUENCY OF PRIME-ADAM INTEGERS IS: 0  
  
Example 4  
  
INPUT:  
m = 700  
n = 450  
  
OUTPUT:  
INVALID INPUT