```java
package practice;

import java.util.Scanner;

public class pronicnu
{

    public static void main(String[] args)
    {
        Scanner scan=new Scanner(System.in);
        System.out.println("Enter the value :");
        int num=scan.nextInt();
        int p=0,y=0;
        for(int i=1;i<num;i++)
        {
            if(i*(i+1)==num)
            {
                p=1;    //if  condition is true  this p =1 works.
                y=i;    // in this i variable assigns the value to y
                            variable.for using in another .

                break;
            }
        }
            if(p==1)
            {
                System.out.println("pronic number
"+num+"="+y+"*"+(y+1));

            }
            else {
                System.out.println("Not a pronic number");
            }
    }

}
```

output :
Enter the value :
56
pronic number 56=7*8