

\d{2}	[-./]	([a-zA-Z]{3} \d{2})	[-./]	\d{4}
Two digit	Set of -, . And /	Group of 3 alphabets or 2 digits	Set of -, . And /	Four digits
17	-	Apr	-	2021
16	-	Apr	-	2021
18	-	Apr	-	2021
26	-	04	-	2021
06	.	05	.	2021
16	/	Jun	/	2021
02	/	Apr	/	2026

\w+	@	[a-z]+	\.	[a-z]{3} [a-z]{2}\.[a-z]{2})
Multiple words or numbers	@	a to z	Dot	3 words or 2 . 2 words
Myname2020	@	Dummy	.	com
ask_help	@	Demo	.	net
conference	@	Demo	.	co.in

(\+\d)?	\d{3}	[-.]	\d{3}	\s?	\d{4}	
+ and 1 digit optional	3 digits	- or .	3digits	Space optional	4digit	
+6	032	-	007	Yes	1212	+6032-007 1212
+6	099	.	100	Yes	3344	+6099.100 3344
	017	-	999	No	8800	017-9998800