import re string = """ india phone number is 1234567890 international phone number is 123-456-7890 international phone number is 123-456-7890 my dob is on 16/12/2004 and """ regex = '(\d{3})[-]?(\d{3})[-]?(\d{4})'

regex = '(\d{3})[-]?(\d{3})[-]?(\d{4})' match = re.findall(regex, string) print(match)