```python
import re

string = """Hello my Number is 9710991567
            foreign number is 1234567890
            foreign number is 123-456-7890
            foreign number is 123-456-7890
            my dob is on 16/12/2004 and
        my friend's number is 7358227297 , his dob is on 2/2/2004"""

regex = '(\d{10})'
match = re.findall(regex, string)
print(match)
```