Approach

If you Look This ->array of integers, $1 \le a[i] \le n$ (n = size of array)constrain [given] We Can Easily Identify That All element's Are greater Then or equal **1** and Less Then or Equal **size of the array**

And 2. Constrain elements appear twice and others appear once

So try To Use Those Information To Come Up better a solution

What We can Do is That We Can Use That Given Array As an Frequency Array and Instade of Count The each Element we Can Use -[minus] To track Each Element we are traverse Or Not [as They said That any element can occoure max Twice]
While Traverseing if We Get Negetive element again We Know That It's Allredy Visited So It Wolud Be a duplicate num <= Push That Into ANS array

Lastly Return ANS array

Assume I/O Array A - index -	-[4, 3, 2, 7, 0 1 2 3	8, 2, 3, 1] 4 5 6 7	
ind 0	dex e	lement A[0] = 4	Todo A[4-1] Not negative do it negetive mean we visited 4 array - [4,3,2,-7,8,2,3,1]
1	1111	A[1] = 3	A[3-1] Not negative do it negetive mean we visited 3 array - [4,3,-2,-7,8,2,3,1]
2	1111	A[2] = 2	A[2-1] Not negative do it negetive mean we visited 2 array - [4,-3,-2,-7,8,2,3,1]
3		A[3]=7	A[7-1] Not negative do it negetive mean we visited 7 Array- [4,-3,-2,-7,8,2,-3,1]
4		A[4]=8	A[8-1] Not negative do it negetive mean we visited 8 Array- [4,-3,-2,-7,8,2,-3,-1]
5	A	[5]=2	A[2-1] is Negative Mean It is A duplicate ele so Put it into ans array Array- [4,-3,-2,-7,8,2,-3,-1]
6	A[t	5]=3	A[3-1] is Negative Mean It is A duplicate ele so Put it into ans array Array- [4,-3,-2,-7,8,2,-3,-1]
7	A[7]		A[1-1] Not negative do it negetive mean we visited 1 Array- [-4,-3,-2,-7,8,2,-3,-1]
So we Have $\{2$, 3 $\}$ <= Here For ans			