Substitute the Known Values into the Formula:

Substitute $A = 450$, $R = 10$, and $T = 2$ into the equation:

$$450 = P + \frac{P \times 10 \times 2}{100}$$

Simplify the Equation:

Simplifying the interest term:

$$\frac{10 \times 2}{100} = \frac{20}{100} = 0.2$$

Therefore, the equation becomes:

$$450 = P + 0.2P$$

This can be combined as:

$$450 = 1.2P$$

Solve for Principal (P):

To find P, divide both sides by 1.2:

$$P = \frac{450}{1.2}$$

Calculate the Value:

Performing the division:

$$P = 375$$

Conclusion:

The sum lent at 10% per year on Simple Interest that will amount to Rs. 450 in 2 years is **Rs. 375**.