Java Array List: Depressed Daniel!

Daniels happens to be a hot - shot programmer in Java until his teacher gave him an assignment on Array List which he wasn't able to solve. According to the assignment he has to develop a program in which he can enter elements dynamically using Array List methods also he must show how to remove the elements from it.

Through his program he must prove the fact that an Array List can store duplicate values too. He should make a method through which he can delete any entry of the Array List provided that the method must return the index of the value deleted.

Also he should make use of size () method of Array List.

Now he is so depressed because all of his good coding skills went in vain. Can you resurrect him out of his depression?