```java
import java.util.ArrayList;

import java.util.List;


class Tester {

    public static void main(String[] args) {

        List<Integer> numbers = new ArrayList<Integer>();  // Creating an ArrayList object

        // Adding the elements to the list

        numbers.add(1);

        numbers.add(2);

        numbers.add(3);

        numbers.add(4);

        numbers.add(5);

        numbers.add(6);

        System.out.println("numbers list: " + numbers);


        // Adding the number 15 at a particular index (index: 3) in the ArrayList

        numbers.add(3, 15);

        System.out.println("Observe the index position 3: " + numbers);


        // Finding the size of the ArrayList

        System.out.println("Size of the ArrayList: " + numbers.size());


        // Retrieving the element at a specified index

        System.out.println("The number present at the fifth index position is " +
numbers.get(5));


        // Modifying the element at a specified index (index: 2)

        numbers.set(2, 200);

        System.out.println("The number at the 2nd index position is changed from 3 to
200");


    }
```

}

Output:

numbers list: [1, 2, 3, 4, 5, 6]

Observe the index position 3: [1, 2, 3, 15, 4, 5, 6]

Size of the ArrayList: 7

The number present at the fifth index position is 5

The number at the 2nd index position is changed from 3 to 200