1 The procedure to install LaTeX and XFig on Ubuntu Linux OS

1. To follow the installation procedure, you need to be connected to the internet.
2. Open the terminal by pressing Ctrl + Alt + T keys together.
3. Now in the terminal type `sudo apt-get install texlive-full texworks` and press Enter.
4. Enter the system password if required.
5. It will display how much has to be downloaded from the internet and how much disk space will be occupied.
6. Type `y` and press Enter to confirm this.
7. This will install LaTeX.
8. Now in the terminal type `sudo apt-get install xfig` and press Enter.
9. It will display how much has to be downloaded from the internet and how much disk space will be occupied.
10. Type `y` and press Enter to confirm this.
11. This will install XFig.

1.1 The procedure to check LaTeX installation

1. Open the terminal.
2. Now in the terminal type `latex` and press Enter.
3. This will display LaTeX and its version details.

1.2 The procedure to check XFig installation

1. Open the terminal.
2. Now in the terminal type `xfig &` and press Enter.
3. This will display the XFig interface and its version details.

2 The procedure to install LaTEX on Windows OS

1. Click on "Select FOSS Category" drop-down and choose "LaTeX".
2. Click on "Select Language" drop-down and choose the languages (English, Hindi, Marathi, ..) in which you wish to learn.
3. Click on "Submit" button.
4. You will see a list of tutorials based on your selection.
5. Select the first tutorial in the displayed list - LaTeX on Windows using TeXWorks.
6. Follow all the steps shown in the tutorial and install TeXWorks on your Windows machine.