PRACTICAL NO. 2

A. Use Proxy Workbench to see the data passing through it and save the data to file

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Aim

To analyze HTTP request and response data passing through a proxy server using **Proxy Workbench** and save the captured data into a file.

Tools / Software Used

- Proxy Workbench
- Web Browser (Google Chrome / Firefox)
- Windows Operating System

Theory

A proxy server acts as an intermediary between the client and the server.
Proxy Workbench is used to:

- Capture HTTP requests and responses
- Analyze headers and payload
- Debug web traffic
- Understand how data flows between browser and web server

Steps / Procedure

1. Start the **Windows Operating System**.
2. Open **Proxy Workbench** application.
3. Go to **Settings** in Proxy Workbench.
4. Set the **listening port** (default port such as 8080).
5. Open **Web Browser**.
6. Go to **Browser Network Settings**.

7. Configure browser proxy:
    - o IP Address: `127.0.0.1`
    - o Port: `8080`
8. Save the proxy settings.
9. Open any website in the browser (e.g., `http://example.com`).
10. Observe the HTTP request and response captured in Proxy Workbench.
11. Analyze headers, cookies, and content.
12. Click on **Save** option to store the captured data into a file.

Result

Proxy Workbench successfully captured and displayed HTTP traffic passing through the proxy and the data was saved into a file.