An anonymous proxy server gives Internet users the opportunity to go around the Internet secure that no one else will know which sites they have been visiting. Without this utility, one can never be sure that their online whereabouts are not being tracked down or checked.

A casual Web user might not realize it, but a lot of the websites that they go to, from online shops to news centers, often place cookies and install tracking applications. These are used by the sites to record the activities of the user. Also, the IP address of each computer is also recorded. In offices, employees’ access to the Web are also limited by their managers to sites they deem is appropriate. An anonymous proxy server can go around both problems quite easily.

The actual process can be quite complicated, given that each server or software may utilize different techniques, but in basic terms, what happens is that once a user has connected to the server (usually after entering an address on the browser bar), the computer user goes ‘behind” the server.

What happens is that when the user goes to the website and starts downloading the page, all the information that is needed to access the site, from the IP address and the other bits of information, are processed by the anonymous proxy server.
What this means in simple terms is that the server cloaks the computer user from the firewall or filtering software. Even more so, because the IP address used is not that of the computer but of the server, the restrictions on access do not apply, and one can view them without fear of getting caught or seen by the network manager or supervisor.

Even if you do not understand the basic ways and means it works, you will be able to see its benefits clearly. Fortunately, using them also does not require any programming skills or technical know how of operating systems or network connections. You simply go to the website where they are listed, click the link, connect, and log on.

An anonymous proxy server can protect users wherever they may be, and regardless of country or point of origin, allow them to have access to information whenever and wherever they want, notwithstanding whatever blocking or filtering software has been installed. For those that want security and privacy when online, these free services are worth taking a look at.

Source : http://mediatoget.blogspot.in/2011/06/anonymous-proxy-server-overview.html