# ABSTRACT

The purpose of this report is to explain the aspects of my work in the internship program. Thai Nippon Rubber Industry Pub Co., Ltd. The duration of the internship program started from February 1 , 2024 to May 31 , 2024 . The total duration is 16 Weeks.

I was assigned by my supervisors to work and support the Human Resources Department. My work was related to personal development, trainings and activity participation.

From my internship program, I received many benefits such as planning before working carefulness in working, limited time management and self-adjustment. These things will help me develop my work in the future.

SPU CHONBURI