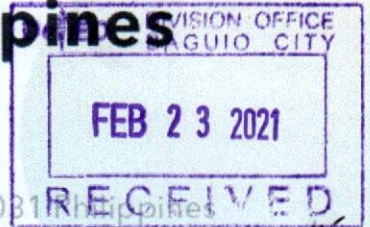


# University of the Philippines Cell Biological Society

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With this, SIHAY NBO 2021 complies with the objectives:

- To equip the participants with a good comprehension of bioinformatics through its roles and applications in medicine and agriculture, among others; and
- To involve the participants in online activities that shall be instrumental in their further understanding of bioinformatics.

## Executive Committee A.Y. 2020-2021

BRUCE JOHN S. ESTILO  
President

CRISTEL MARIE L. PEREZ  
Vice President

REINON ARVI T. LAYRIT  
Secretary

ALEXANDER KENT M. OPULENCIA  
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JOSHUA MARAVILLA  
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LIANNE JOSHA G. TIZON  
P.R.O. Internal

ROME LIMUEL P. TAGUIC  
P.R.O. External

JEMMENA ANNE A. BACOLOD  
Membership Committee Head

PRINCESS IMEE R. DELLOSA  
Educational Committee Head

ADZRIELLE BRENDAN KYLE L. LEE  
Publication Committee Head

In line with this, we would like to humbly ask your good office to help us in endorsing SIHAY National Biology Olympiad 2021. Your endorsement will ensure better attendance to these events. Attached herewith is the program for SIHAY.plugged 2021 for your perusal.

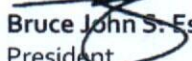
We look forward to your positive response in endorsing this Olympiad. For further clarifications and inquiries, we may be reached at **0968 854 8708** or through an email at **sihaynbo@gmail.com**.

Thank you very much.

Respectfully yours,

  
Princess Imee R. Dellosa  
Educational Committee Head


Noted by:

  
Bruce John S. Estilo  
President

  
Prof. Nerissa K. Torreta  
Senior Adviser

  
Prof. Joseph Carmelo K. San Pascual  
Junior Adviser

To: All School Administrators, Principals & Teachers In-Charge  
(Elementary & Secondary)  
FOR YOUR INFORMATION & APPROPRIATE ACTION

  
MARIE CAROLYN B. VERANO, CESO V  
Schools Division Superintendent





# University of the Philippines Cell Biological Society

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## Executive Committee A.Y. 2020-2021

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**Publication Committee Head**

**Ms. / Mrs. Marie Carolyn B. Verano**  
Schools Division Superintendent Office  
Baguio City

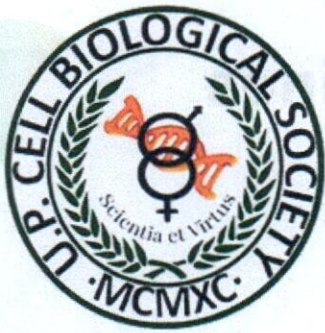
Greetings of wisdom through science!

The **University of the Philippines Cell Biological Society (UP Cells)** is a duly-recognized academic, student-led organization based at the **Institute of Biological Sciences (IBS), University of the Philippines Los Baños (UPLB)**. It is the first regional member and the only affiliate organization in UPLB of the **Biology Majors' Alliance of the Philippines**, an association uniting more than 4000 biology majors across the country. Since its establishment in 1990, UP Cells continues to foster more appreciation and interest in Biology. Moreover, the organization has always encouraged its members to holistic development through service to the community and personal development.

True to its aim in stimulating enthusiasm and awareness in the field of Biology, the UP Cell Biological Society will be holding its annual, flagship activity, **SIHAY National Biology Olympiad (SIHAY NBO)** on **April 21 to May 1, 2021**. In its 23 years of existence, SIHAY has evolved to become a more extensive platform in shaping the future of Biology through the Filipino youth. Given the present health crisis, SIHAY takes over the virtual domain through its first-ever online installment called **SIHAY.plugged**. The event comprises a series of **biological symposia** for students and teachers, **poster-making contest**, **scientific writing contest**, **research competition**, and **inter-high school biology quiz competition**.

With the theme "**Decoding Archives: Unravelling the Biologic Code through Molecular Data Acquisition and Analysis**," SIHAY.plugged aims to tackle **Bioinformatics**, an interdisciplinary field of study that employs Computer Science and Statistics in the analysis of huge amounts of biological data sets. The rapid developments in the field provide valuable information that are vital in producing cutting-edge solutions to problems in various fields such as agriculture, fisheries, health, and medicine among others. However, many people are not sufficiently cognizant of the relevance and progression of bioinformatics and its application. Therefore, authentic efforts are undertaken by various institutions and organizations to promote the knowledge and importance of bioinformatics to the next generation of the youth and to inspire them to contribute to its further development.





# University of the Philippines Cell Biological Society

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## ORGANIZATIONAL PROFILE

<b>Organization's Name:</b>	UP Cell Biological Society
<b>Description:</b>	The UP Cell Biological Society, or UP Cells, founded on August 9th, 1990 by 54 charter members, is a duly recognized academic organization exclusive for Biology majors. It is based at the Institute of Biological Sciences (IBS), University of the Philippines Los Baños.
<b>Founding Year:</b>	1990
<b>Tagline:</b>	We don't just exist. We excel.
<b>Current President:</b>	Bruce John S. Estilo
<b>Objectives:</b>	The organization aspires to produce erudite and intellectual young citizens and to inculcate the values of biology in profession and application.
<b>Organizational Email Address:</b>	<a href="mailto:theupcells@gmail.com">theupcells@gmail.com</a>
<b>Online Portals:</b>	<a href="https://facebook.com/upcells/">facebook.com/upcells/</a> <a href="https://twitter.com/upcells/">twitter.com/upcells/</a>





# University of the Philippines Cell Biological Society

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## ABOUT THE ORGANIZATION

The UP Cell Biological Society (UP Cells) is an academic organization based at the Institute of Biological Sciences, University of the Philippines Los Baños. For the past 30 years, it has been continuously aiming to stimulate awareness and enthusiasm in Cell Biology. Besides its academic aspirations, the society aims to reach out to fellow students, organizations, and serve the community.

Founded on August 9, 1990, UP Cells is currently the largest among the student organizations in the Institute of Biological Sciences and has received numerous honors for its noble principles and hard work. True to its mission and vision, the organization promises to bring Biology to a higher level through academic excellence and continuous innovation.

Beyond achieving academic excellence, UP Cells also offers a helping hand to the people through its major community service activities such as Panuluyan, a yearly visit to different caring shelters for underprivileged children, as well as the annual Medical and Surgical Missions to provide primary medical services to underserved communities.

To focus on bringing biology to greater heights, the organization conducts CELLpukan ng Talino at Galing, a university-wide Biology quiz contest, and the annual SIHAY National Biology Olympiad, the organization's flagship activity and the biggest inter-high school biology competition that provides both students and teachers from various junior and senior high schools in the country with comprehensive biology-related workshops and activities. These also aim to promote significant transformations in society through working with passion in reaching its goals.

For the years to come, UP Cells shall pursue its ideals with passion and virtue, enlightening the minds and hearts of its affiliates and entrants through Biology, all for the Filipino youth and the community.





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## CELLPUKAN ng Talino at Galing

An annual comprehensive quiz contest open to all UPLB undergraduate students willing to test their knowledge on eight various Biology subfields. Winners obtain prizes and get a unique opportunity to represent the university in the National Biology Cup. The event usually caters to around **200 participants**.

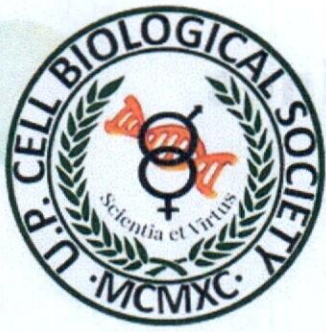


## Open Tambayan

A form of **thanksgiving activity** where UP Cells is notable for. A feast with great food selections is prepared and prepared to all constituents of the university as a **way of giving back**.







# University of the Philippines Cell Biological Society

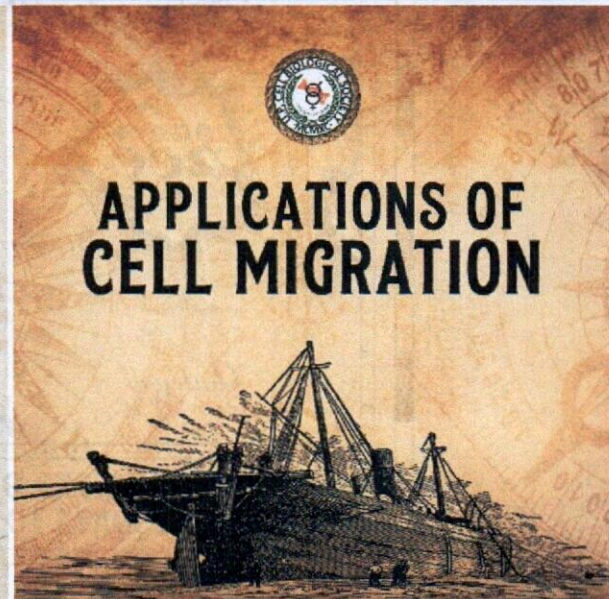
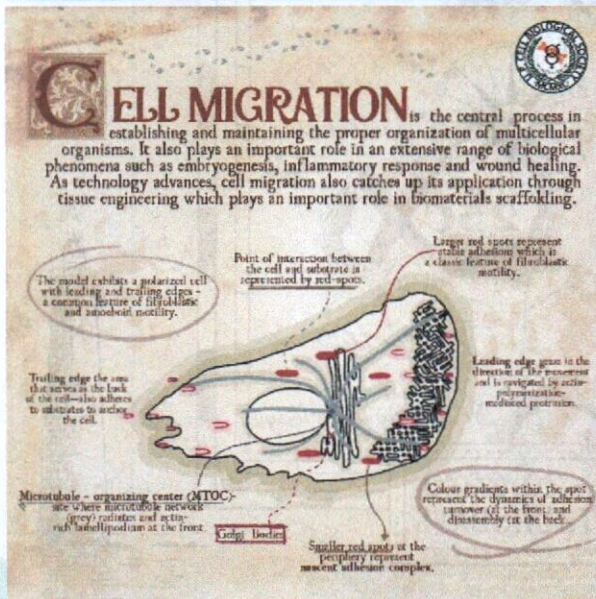
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## EVENTS AND PROJECTS

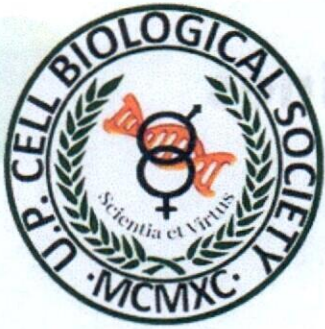
### ANNIVERSARY WEEK

#### Exhibit

A public display of creative figures, designs, and infographics showcasing the current breakthroughs in Cell and Molecular Biology. Presented in what could be considered as the institute's façade, it caters visually to our audience who happen to be passing by.







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## NeurON

An online quiz challenge ranked by varying levels of complexity: Unipolar, Bipolar, and Multipolar. Participation to the contest is open to all and offers prizes to the winning participant.

UP CELL BIOLOGICAL SOCIETY  
*presents*  
**NEURON**  
ONLINE QUIZ CHALLENGE  
..... OPEN TO EVERYONE .....

Unipolar  
Win prizes!  
PHP 150

Bipolar  
PHP 200

Multipolar  
PHP 250 X

Unleash your Wit  
Test your Scientific knowledge

NOVEMBER 9 - 20, 2020  
TUESDAYS TO THURSDAYS





# University of the Philippines Cell Biological Society

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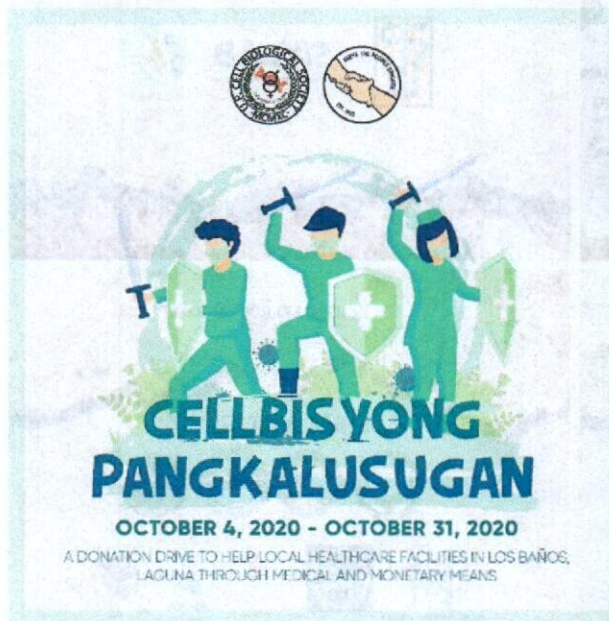
## DONATION DRIVES

### CELL-bisyong Pangkalusugan

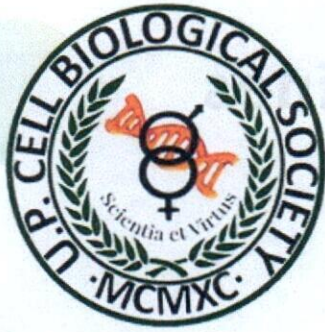
An online donation drive directed towards providing monetary and medical donations to **COVID-19 healthcare facilities** and **municipal health offices** in Los Baños, Laguna.

### Online Benefit Concert

An online benefit show, in partnership with the **Youth Advocates for the Philippines Region V**, composed of holiday performances from the UP Cells members. The proceeds of the cause went to the **typhoon-ravaged places** in the six provinces of the Bicol Region.







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## Educational Webinar

A virtual conference that tackles recent breakthroughs on Cell and Molecular Biology. Partnered by various organizations that promote biology across the country and promoted by the Philippine Daily Inquirer, the event catered to **over 200 online audiences**, ranging from students to professionals.

The UP CELL BIOLOGICAL SOCIETY presents  
a Webinar entitled:

# Voyage:

11-15-20  
SUNDAY

## Across the Micro and Macro World

CELL MIGRATION COURSE I

STATE OF PHILIPPINE SCIENCE & TECHNOLOGY COURSE II

Online Media Partner  
**INQUIRER.NET**

UP CELL BIOLOGICAL SOCIETY

### PRIME PARTNERS

UP CELL BIOLOGICAL SOCIETY

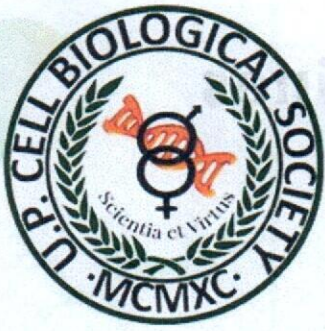
### PRIME PARTNERS

UP CELL BIOLOGICAL SOCIETY

### MEDIA ASSOCIATES

### EVENT PARTNER





# University of the Philippines Cell Biological Society

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## OUTREACH PROGRAMS

### Panuluyan

An annual charity project aimed at providing assistance to underprivileged communities. It consists of mini-programs ranging from educational discussions to recreational activities. The organizing committee personally takes a trip to the location of the beneficiary.

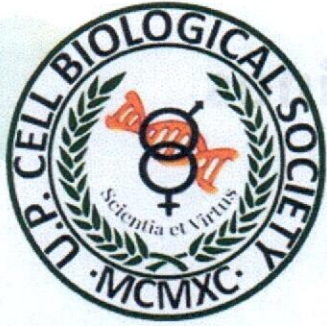


### Medical and Surgical Mission

A program done in partnership with UP Cells Alumni in the medical field. This project aims to **contribute healthcare assistance** to an in-need locality by providing free consultations. Through this event, our affiliates can immerse themselves in the **spirit of volunteerism and service**.







# University of the Philippines Cell Biological Society

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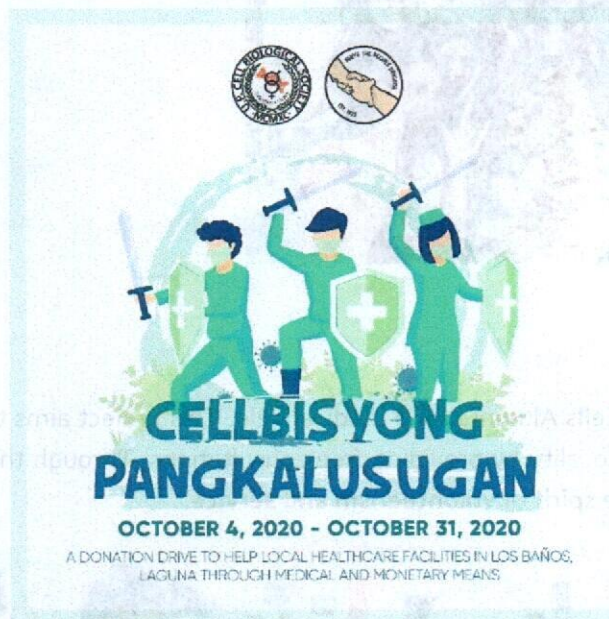
## DONATION DRIVES

### CELL-bisyong Pangkalusugan

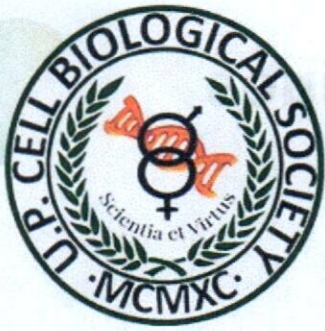
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# University of the Philippines Cell Biological Society

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## ABOUT SIHAY

In its inception, **SIHAY National Biology Olympiad (SIHAY NBO)** started as a Biology Quiz Contest as a regional inter-high school quiz competition in on February 8, 1997 at the D.L. Umali Hall Hailed as the organization's flagship event and culminating activity for Cell Week, SIHAY is the Filipino translation for "cell," originating from the union of *si-* (*silid*) and *-hay* (*na may buhay*).

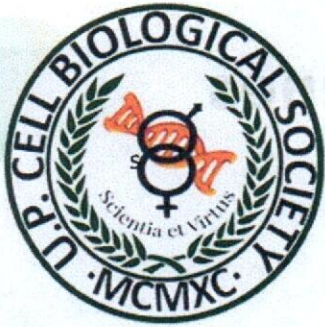
Committed to being at the frontier of promoting academic excellence, SIHAY has developed progressively through the years. It included other activities such as laboratory techniques demonstration, poster-making, and essay-writing contests and became known as **the SIHAY Biology Competition**. In 2006, the first ever **SIHAY Biology Congress** was held, with wider sets of activities such as workshops, seminar series, and research competition. Eventually, the target audience widened: from being a Luzon-wide activity, it became nationwide in 2016.

In 2017, it became **the SIHAY National Biology Olympiad**, opening its gates to the entire country. Marking its 20<sup>th</sup> year, it was dubbed as an OLYMPIAD—similar to the Greek's quadrennial culmination of athleticism through their Olympic games—to commemorate the fourth quadrennial anniversary of immense revolutions Cell Biology, and the two glorious decades of awakening the inner biologists in the Filipino Youth, giving rise to today's visionaries in biology. In its entirety, it was the realization of the visions through which this event was built upon — shaping the future of biology in our country, one student at a time.

For its 23<sup>rd</sup> year, SIHAY NBO takes on a new facet as it launches the **SIHAY.plugged**, the first-ever online installment of SIHAY! With the theme "**Decoding Archives: Unravelling the Biologic Code through Molecular Data Acquisition and Analysis**," SIHAY.plugged aims to tackle Bioinformatics by transitioning its sub-events into an online set-up without compromising its quality and capability to uplift the youth's awareness of Cell Biology.

SIHAY will constantly aim to inculcate among its participants the biological and holistic excellence (exemplified by competitions such as poster-making, science feature writing, research competition, and quiz contest); academic scholarship (through symposia and techniques demonstration); most importantly, camaraderie and harmony – the same virtues upon which the organization was founded.





# University of the Philippines Cell Biological Society

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## SIHAY NATIONAL BIOLOGY OLYMPIAD PROFILE

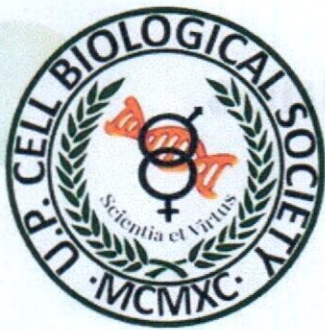
1. SIHAY is the flagship event of UP Cell Biological Society which aims to excites the interest of Filipino youth in science and nurtures them to be the next generation of leading scientists through a series of seminars, techniques demonstrations, essay-writing contest, poster-making contest, amazing race, impromptu speaking, re-search competition and an inter-high school quiz competition.
2. The activity shall be conducted and documented by the Publications and Documentations Team of UP Cell Biological Society.
3. For coordination and concerns on the SIHAY National Biology Olympiad 2019, kindly contact our Educational Committee Head at the following contact numbers and/or the official SIHAY contact details:

Ms. Princess Imee R. Delloso (0968 654 8708)

Facebook page: [facebook.com/SIHAYNBO/](https://www.facebook.com/SIHAYNBO/)

Email Address: [sihaynbo@gmail.com](mailto:sihaynbo@gmail.com)





# University of the Philippines Cell Biological Society

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## THREE-YEAR DEVELOPMENT PLAN OF SIHAY NATIONAL BIOLOGY OLYMPIAD

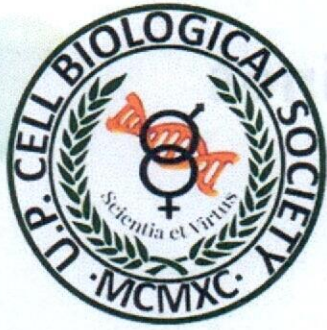
Committed to provide an avenue for young, aspiring high school students an opportunity to excel in the biological arena, SIHAY has catered a more diverse and immense activities in the biological field. For this year's installment, its components comprise the Science Feature Writing, Digital Poster-Making, and Biology Quiz Contest, all to foster biological and holistic excellence, as well as the Research Olympiad to test the academic zeal and scholarship of the participants.

In recent years, SIHAY's theme focused on shaping the future of Biology through the Filipino youth by involving the current advancement in Biotechnology. However, for this year, the organization attempts to broaden its horizons by looking though prominent researches and studies centered on Bioinformatics.

- 2014: "Recognizing the Role of Biotechnology in Conquering Global Climate Crisis"
- 2015: "Strengthening Biotechnology Through Integrative Education Towards a Progressive Community"
- 2016: CONVERGE: "Connecting Biotechnology and Ecology to Create Solutions Towards Conserving Biodiversity"
- 2017: "IMMUNOVATION: Fortifying Our Natural Defensive Armors Through Biotechnology"
- 2018: "METASTATIC CASCADE: Hijacking Growth and Invasion of Cancer Cells Through Biotechnology"
- 2019: "PINNACLE POTENTIAL: Tracing the Paths of Differentiation and Repair in Stem Cell Biotechnology"
- 2020: "CELLULAR CONTRIVANCE: Biomimetics in Tissue Engineering and Nanoscale Biotechnology" (cancelled due to COVID-19)
- 2021: "DECODING ARCHIVES: Unravelling the Biologic Code through Molecular Data Acquisition and Analysis"

SIHAY NBO has always been a platform for harnessing and traversing the capabilities of its delegates and members. Through the years, the organization has continuously sought for its extensive development by incorporating additional sub-events that would fortify the students' learning. As such, it was able to open its borders Luzon-wide in 2016's SIHAY Congress and nationwide in 2017's SIHAY NBO. SIHAY is set apart from other competition for it offers unity in the diversity of biological subfields and encourages the youth to excel in their chosen scopes. This 2021, SIHAY will take over the virtual domain, bringing biology to the comfort of the students' homes without compromising their appreciation of Cell Biology.





# University of the Philippines Cell Biological Society

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## PROGRAM OF ACTIVITIES

### Contests and Sub-Events

1. **Bio-Symposia** – presents recent advancements in biology and biological instruction to students and educators in the hope of using this knowledge to innovate their learning and teaching styles and methods for the advancement of biological education.
2. **Science Feature Writing** – showcases the participants' ability to integrate information contained in a set of journal articles and create an understandable, interesting, and creative feature article through a masterful use of language and prior biological knowledge.
3. **Digital Poster Making** – allows students to channel creativity and artistry in the biological thought. The contest is directed to integrate biology with modern technology to produce art.
4. **Junior Life Sciences Research Olympiad** – allows students to present research projects in conformity with the ethics statement set by this competition (as adapted from Intel International Rules for Pre-college Science Research: Guidelines for Science and Engineering Fairs 2015-2016 and National Science and Technology Fair 2015-2016 Mechanics)
5. **Biology Quiz Olympiad** – aims to showcase the participant's comprehensive knowledge in biology as well as their critical thinking skills.

### SIHAY NBO Details

Contact Numbers:	<b>SIHAY NBO HEADS</b> Princess Imee R. Dellosa (0968 854 8708) Armil R. Pequeña (0967 429 4527) Neil Paolo A. Tenorio (0919 510 6132) Reignheart Zyrah A. Abon (0926 463 8247) Claire Marinelle S. Catanghal (0920 898 0278) Angela Cielo A. Eugenio (098 453 9470) Marteena Kyla R. Panopio (0908 422 7034)
SIHAY Email:	sihaynbo@gmail.com
SIHAY Online Portals:	facebook.com/SIHAYNBO/ twitter.com/sihaynbo/





# University of the Philippines Cell Biological Society

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## THREE-YEAR DEVELOPMENT PLAN OF SIHAY NATIONAL BIOLOGY OLYMPIAD

In three years, SIHAY is envisioned to be eminent, notable, and accessible. The organization aspires that SIHAY will be even more advance in the activities it offers and will be able to provide high school students the skills needed to compete internationally. The possible plans that can be adopted to meet DepEd's requirement are as follows:

1. Sponsor the winner of SIHAY National Biology Olympiad (SIHAY NBO) to the International Biology Olympiad (IBO), a science Olympiad for high school students that caters 70 participating countries across the five continents. Four winners of a country's National Biology Olympiad must be sent to IBO accompanied by two adults who are members of the international jury for the duration of the competition.
2. Provide a funding and research grant to a student who won the presentation of the research proposals.

## TARGET PARTICIPANTS

For SIHAY NBO 2021, our target participants will be **Grades 7 to 12** students from both **public and private** secondary schools **nationwide**.





# University of the Philippines Cell Biological Society

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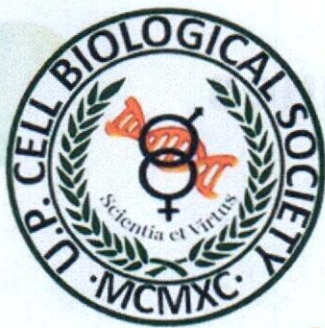
## SIHAY NATIONAL BIOLOGY OLYMPIAD 2021

### Schedule of Activities\*

Day and Time	Activity
April 11	Opening of the SIHAY NBO 2021
	Online Symposium
April 12	Science Feature Writing Contest
April 13	Digital Poster-Making Contest
	Junior Life Sciences Research Olympiad (Elimination Round)
April 14	Biology Quiz Olympiad (Elimination Round)
April 15	Junior Life Sciences Research Olympiad (Finals)
April 16	Biology Quiz Olympiad (Finals)
April 17	Online Symposium
	Closing of SIHAY NBO 2021

\*subject to change without prior notice





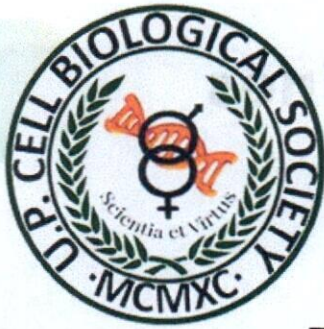
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## RESIDENT MEMBERS' DIRECTORY

Abarintos, Christine Hazel C.	Puerto Prinsesa, Palawan
Abon, Reignheart Zyrah A.	Los Baños, Laguna
Aguila, Katherine Gwen D.	Los Baños, Laguna
Aguila, Margret Christine T.	Calamba City, Laguna
Aguilar, Jessa Clarice L.	Las Piñas City, Metro Manila
Alicdan, Irdiel Ciena D.	Trece Martires, Cavite
Alicer, Sean Edzel A.	Dasmariñas, Cavite
Angeles, Ayessa Mechie DC.	Bay, Laguna
Arellano, Maria Lucille B.	Los Baños, Laguna
Bacolod, Jemmena Anne A.	Maragondon, Cavite
Bagsik, Elrey Minella E.	San Pablo City, Laguna
Bato, Jana Erica O.	Bay, Laguna
Bondoc, Jeromir G.	Pasig City, Metro Manila
Buenafe, Anfernee E.	Lagonoy, Camarines Sur
Cabansay, Julie Anne B.	Los Baños, Laguna
Cabungcal, Rica Joy M.	St. Ignatius, Quezon City
Cajudo, John Angelo C.	Balayan, Batangas
Calibo, Alvin D.	Calamba City, Laguna
Canatalejo, Maria Niña Rica T.	Uson, Masbate
Cañas, Van Aldren T.	Tangub City, Misamis Occidental
Castillo, Renee Dominique T.	Dasmariñas, Cavite
Catanghal, Claire Marinelle S.	Santa Rosa, Laguna
Comentan, Theodore Dave T.	Pasig City, Metro Manila
Cortez, John David C.	Los Baños, Laguna
Cunanan, Daphne Rose M.	Los Baños, Laguna
Cruz, Agapito Jose L.	Katipunan, Zamboanga del Norte
Diño, Micah U.	San Pablo City, Laguna
Del Castillo, Ralf Aeimos M.	Sta. Rosa, Laguna
Dellosa, Princess Imee R.	Sorsogon City, Sorsogon
De Padua, Pearl Ellaine B.	Canaman, Camarines Sur
Edeza, Renei Alyssa V.	Nagcarlan, Laguna
Enterina, Meryl Zoilan M.	Los Baños, Laguna
Escapalao, Lizette Amor B.	General Mariano Alvarez, Cavite
Espinosa, Franklin E.	Los Baños, Laguna
Estaco, Janssen Rae G.	Pasig City, Metro Manila
Estilo, Bruce John S.	Biñan, Laguna
Eugenio, Angela Cielo A.	Sta. Rosa, Laguna
Fabila, Aina Michelle D.	Sorsogon City, Sorsogon
Frial, Jeranie H.	Bacoor, Cavite





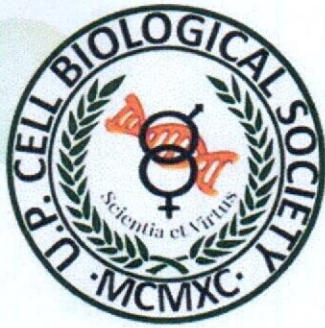
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