

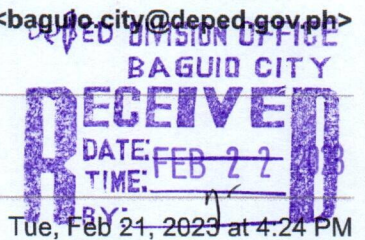


DepEd Baguio City &lt;baguio.city@deped.gov.ph&gt;

## SIHAY NBO 2023: Endorsement Letter

2 messages

sihay.pr@gmail.com <sihay.pr@gmail.com>  
To: baguio.city@deped.gov.ph



Dear Mr./Ms./Mrs. Martin:

Greetings!

The UP Cell Biological Society (UP Cells) is an organization formed of Biology students at the University of the Philippines Los Baños. Since its start in 1990, UP Cells has been a home in fostering committed and talented young scholars.

Upholding its principles, the organization annually initiates the SIHAY National Biology Olympiad (SIHAY NBO), which brings High School students across the nation together through Biology. The current healthcare crisis is subsiding as of the moment, however the risks are still persisting. Therefore, the SIHAY's 25th year takes over the virtual domain through SIHAY.plugged, with the theme, Fluidic Frontier: Navigating the Science of Microfluidic Transformation. The event will transpire from April 29 - May 1, 2023.

In light of this, the UP Cell Biological Society would like to ask for your endorsement of SIHAY.plugged 2023. An endorsement from your good office would greatly help in boosting the attendance for the success of the event. Please see the attached link and files for the details of the said event.

We positively await your response as we recognize how crucial the proficiency of your institution in making this event succeed. Thank you very much!

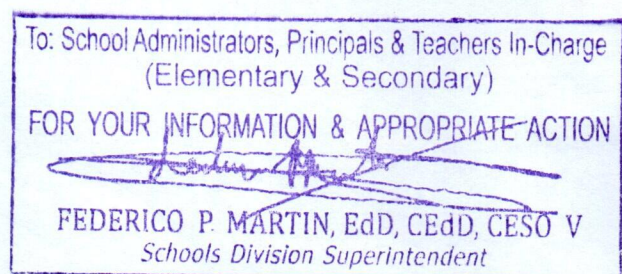
Scientia et Virtus!

Event Primer: <https://bit.ly/Sihay2023Primer>

Respectfully yours,

Ma. Michelle C. Valenzuela  
Ryan Christian U. Abayan  
Public Relations Ad Hoc Committee Heads  
SIHAY.plugged 2023  
UP Cell Biological Society

Greg Carlo M. Sandoy  
Educational Committee Head  
SIHAY.plugged 2023  
UP Cell Biological Society



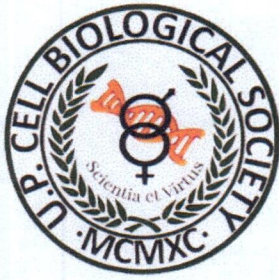
**SIHAY NBO 2023 Endorsement Letter - Baguio City.pdf**  
9953K

DepEd Baguio City <baguio.city@deped.gov.ph>  
To: sihay.pr@gmail.com

Wed, Feb 22, 2023 at 7:29 AM

Acknowledged.  
[Quoted text hidden]





# U.P. Cell Biological Society

Box#23, Room 8, 2/F SU Building,  
University of the Philippines Los Baños, Laguna, 4031 Philippines

Executive Committee February 21, 2023

A.Y. 2022 - 2023

**Mr./Ms./Mrs. Federico P. Martin**  
Schools Division Superintendent  
Baguio City

JOHN GABRIEL I. SAMONTE  
**President**

DIANNE REI V. TIONGCO  
**Vice President**

Dear Mr./Ms./Mrs. Martin:

Greetings of wisdom through science!

JAN CLEMENCE D. DE LEON  
**Secretary**

The **UP Cell Biological Society (UP Cells)** is the largest student-led academic organization in the **Institute of Biological Sciences, University of the Philippines Los Baños**. The UP Cells is recognized by the National Youth Commission, Office of Student Affairs-UPLB, and the Provincial Development Affairs Office of Laguna as an organization that promotes awareness and enthusiasm in Cell Biology among students and community members. In addition, the organization is an affiliate of the association, Biology Majors Alliance of the Philippines, which unites more than 4000 biology majors across the country.

MA. CHRISTINA ALEXANDRIA N. ESPEÑA  
**Treasurer**

MARIELLEN C. SILAB  
**Auditor**

JANSSEN RAE G. ESTACO  
**P.R.O Internal**

JEHU IAN DV. JUDLOMAN  
**P.R.O External**

Following the success of SIHAY.plugged, which took place last April 23-25, 2022, the organization will be conducting **SIHAY.plugged 2023** for its 25th year. "**Fluidic Frontier: Navigating the Science of Microfluidic Transformation**" takes over the virtual platform again amidst the pandemic to foster a deeper appreciation of Biology. The nationwide event will transpire for **three (3) days**. It will consist of activities like **BIO-symposia, digital poster-making contest, science feature writing contest, junior life sciences research olympiad, impromptu speaking, and national biology quiz competition** to stimulate and enthrall students in the field of Biology.

AIMEE GRACE B. LITUANIA  
**Membership Committee Head**

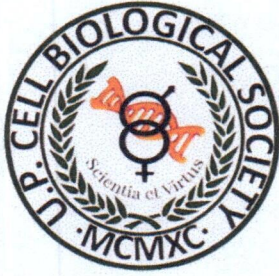
GREG CARLO M. SANDOY  
**Educational Committee Head**

MARGRET CHRISTIANE T. AGUILA  
**Publications Committee Head**

In light of this, the UP Cell Biological Society would like to humbly ask your office to endorse SIHAY.plugged 2023, which will take place this **April 29 - May 1, 2023**. An endorsement would greatly help boost our event to have better attendance. Attached herewith is the primer that contains a thorough description of the event and the organization's profile for your perusal.

**sihay**  
NATIONAL BIOLOGY OLYMPIAD 2023  
**.PLUGGED**





# U.P. Cell Biological Society

Box#23, Room 8, 2/F SU Building,  
University of the Philippines Los Baños, Laguna, 4031 Philippines

**Executive Committee**  
**A.Y. 2022 - 2023**

We look forward to your positive response in endorsing SIHAY.plugged 2023. For further inquiries, we may be contacted through **Mr. Greg Carlo M. Sandoy** at **0908 968 4823** or through email at [sihaynbo@gmail.com](mailto:sihaynbo@gmail.com).

JOHN GABRIEL I. SAMONTE  
**President**

Thank you very much!


DIANNE REI V. TIONGCO  
**Vice President**

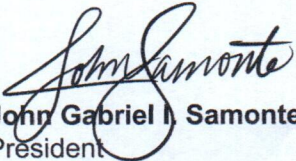
JAN CLEMENCE D. DE LEON  
**Secretary**

Respectfully yours,

MA. CHRISTINA ALEXANDRIA N. ESPEÑA  
**Treasurer**

MARIELLEN C. SILAB  
**Auditor**

  
**Greg Carlo M. Sandoy**  
Educational Committee Head

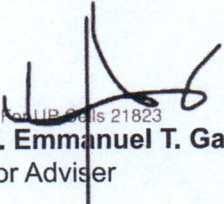
  
**John Gabriel I. Samonte**  
President

JANSSEN RAE G. ESTACO  
**P.R.O Internal**

Noted by:

JEHU IAN DV. JUDLOMAN  
**P.R.O External**


  
**Prof. Mannix S. Pedro**  
Senior Adviser

  
**Prof. Emmanuel T. Galang**  
Junior Adviser

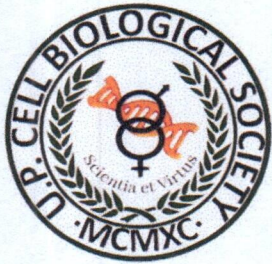
AIMEE GRACE B. LITUANIA  
**Membership Committee Head**

GREG CARLO M. SANDOY  
**Educational Committee Head**

MARGRET CHRISTIANE T. AGUILA  
**Publications Committee Head**

  
**sihay**  
NATIONAL BIOLOGY OLYMPIAD 2023  
**.PLUGGED**





# U.P. Cell Biological Society

Box#23, Room 8, 2/F SU Building,  
University of the Philippines Los Baños, Laguna, 4031 Philippines

## 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.

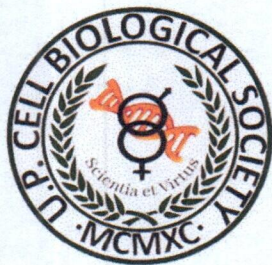
Founded on August 9, 1990, UP Cells is currently the largest among the student organizations in the Institute of Biological Sciences and has received numerous honors for its noble principles and hard work. True to its mission and vision, the organization promises to bring Biology to a higher level through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





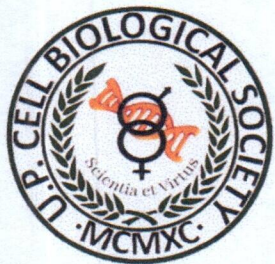
# U.P. Cell Biological Society

Box#23, Room 8, 2/F SU Building,  
University of the Philippines Los Baños, Laguna, 4031 Philippines

## ORGANIZATIONAL PROFILE

Organization's Name:	UP Cell Biological Society
Description:	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.
Founding Year:	1990
Tagline:	We don't just exist. We excel.
Current President:	John Gabriel I. Samonte
Objectives:	The organization aspires to produce erudite and intellectual young citizens and to inculcate the values of biology in profession and application.
Organizational Email Address:	theupcells@gmail.com
Online Portals:	facebook.com/upcells/ twitter.com/upcells/ instagram.com/theupcells/





# U.P. Cell Biological Society

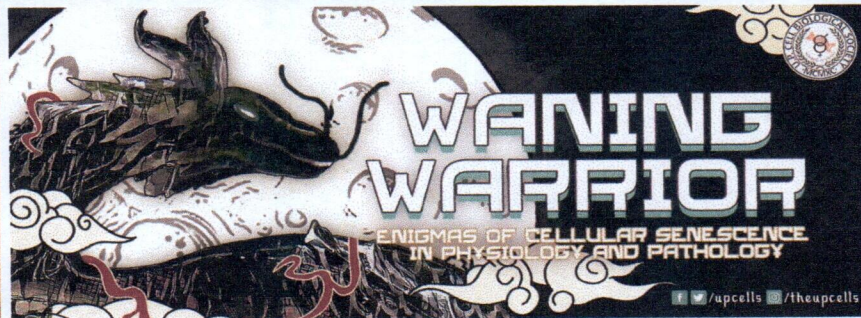
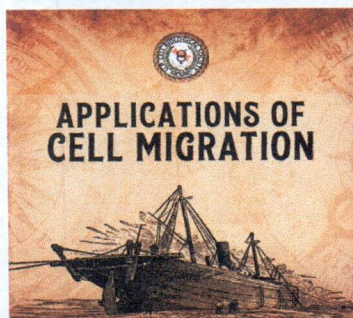
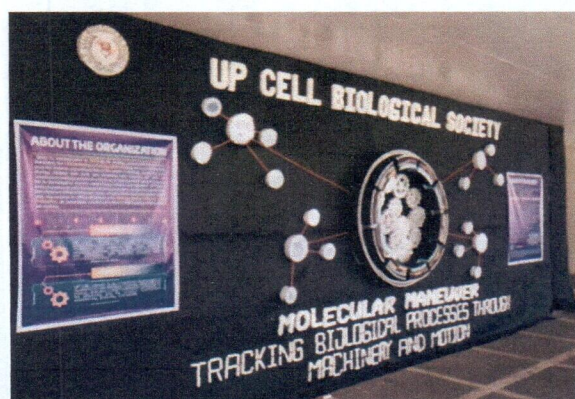
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**EVENTS AND ACTIVITIES**

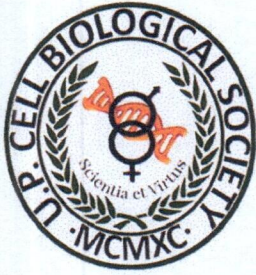
## ANNIVERSARY WEEK

### Exhibit Week

An unveiling of current and opportune quantum leaps in Cell and Molecular Biology is presented through artistic figures, designs, and infographics. Traditionally displayed prominently for the visual interest of passersby, it has recently transitioned to a virtual showcase as a response to modern challenges.







# U.P. Cell Biological Society

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## CELLpukan ng Talino at Galing 2022

As the country recovers from the health crisis, college students from all over the country gather virtually to compete in a nerve-wracking extramural Biology quiz contest. The battle of wit and wisdom does not only bestow rewards and recognition to the victorious teams but also promotes and forges their mastery in the complex and enthralling subdisciplines of biology.

**CELLPUKAN**  
NG TALINO AT GALING 2022

**WANING WARRIOR**  
ENIGMAS OF CELLULAR SENESCENCE  
IN PHYSIOLOGY AND PATHOLOGY

Brought to you by  
Special thanks to

Sponsored by: daiiclele, GOTO HAVE IT!, Eastern Grocers

In partnership with: [Logos of various institutions]

**CELLPUKAN**  
NG TALINO AT GALING 2022

**WINNERS**

**1ST PLACE**  
MARIANO MARCOS STATE UNIVERSITY

**2ND PLACE**  
CEBU NORMAL UNIVERSITY

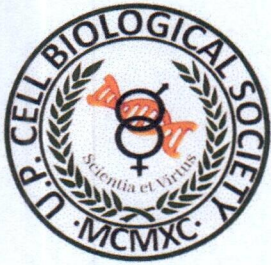
**3RD PLACE**  
UNIVERSITY OF SOUTHERN MINDANAO

**CELLPUKAN**  
NG TALINO AT GALING 2022

**SPONSORED BY**  
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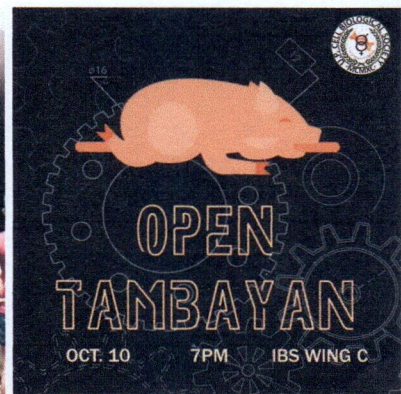
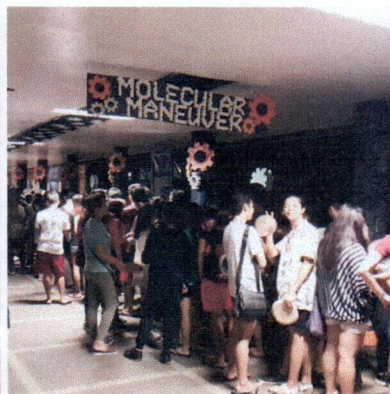


# U.P. Cell Biological Society

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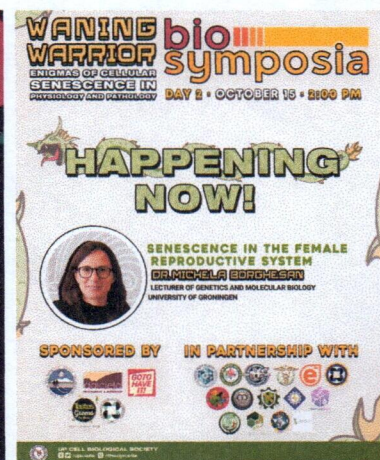
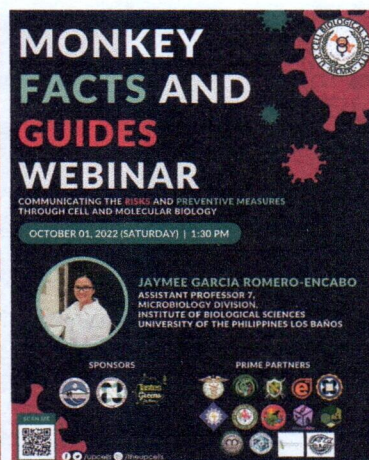
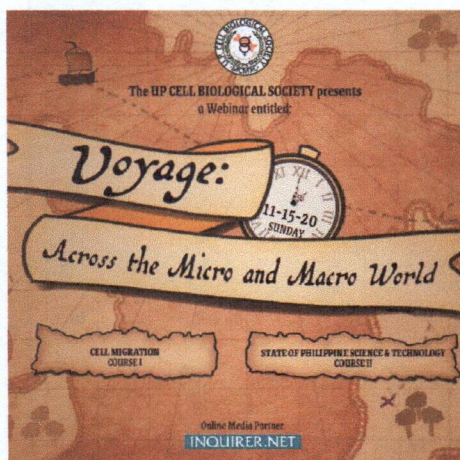
## Open Tambayan

A peculiar and festive occasion formed out of UP Cells' insurmountable gratitude. The university's stakeholders are welcomed with appetizing food varieties prepared by the organization, cherishing the spirit of thanksgiving together.

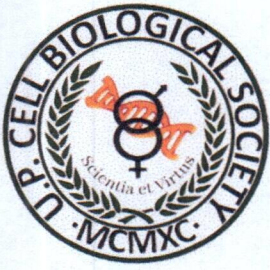


## Education Webinar

A virtual symposium, led by locally and internationally esteemed resource persons, explores and scrutinizes recent advancements in Cell and Molecular Biology and its impact in the scientific community. Academic institutions and sponsors nationwide collaborate with the organization to benefit hundreds of online attendees, including students, professionals, and experts, all united by their interest in Biology and its progress.





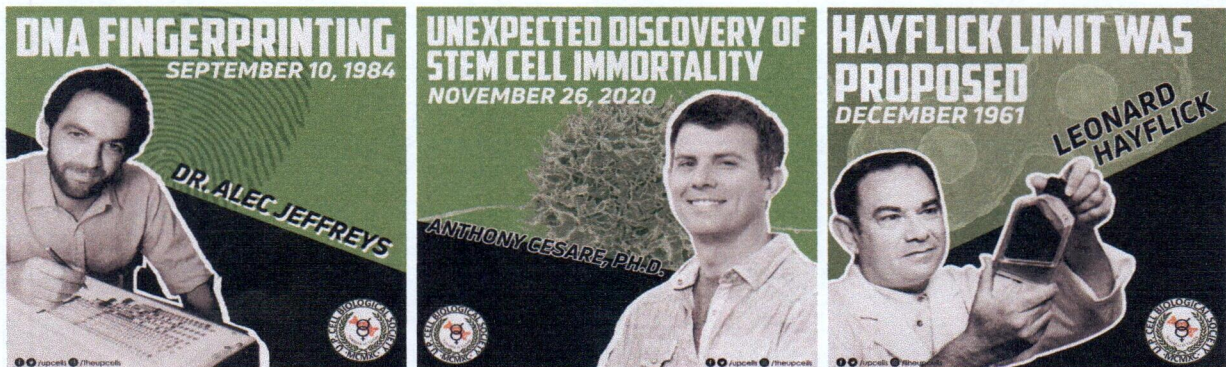


# U.P. Cell Biological Society

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## MONTHLY TRIVIA

A scientific reminiscence of hallmarks in Cell and Molecular Biology encapsulated in a monthly trivia. Featuring distinguished scientists, discoveries, and crucial events, each is published and displayed on the organization's social media platforms to pique the viewer's interest and forge their understanding in biology.

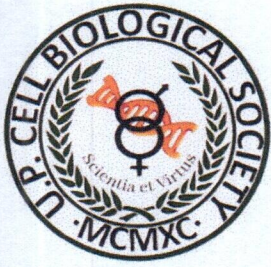


## EDUCATIONAL DISCUSSIONS

Many students struggle to keep up with their Biology courses, which is why the organization leads educational discussions to benefit those taking specific courses and prepare for exams. UP Cells set off a face-to-face tutorial in BIO 120, a notorious Biology course for its complexity, that was held in SU Building last November 2022. Enrolled students had the opportunity to attend the tutorial as preparation for their upcoming exams.







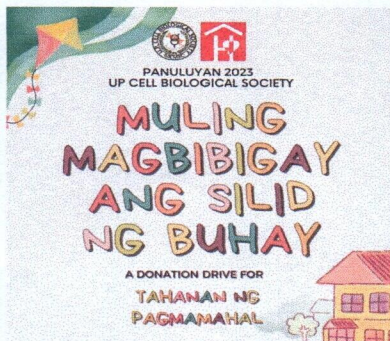
# U.P. Cell Biological Society

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University of the Philippines Los Baños, Laguna, 4031 Philippines

## OUTREACH PROGRAMS

### Panuluyan

An annual welfare program aimed at benefiting members of disadvantaged groups is conducted by the organization's supervising body. The team travels to the recipient's location and spreads charity through a series of informative lectures, academic discussions, and recreational activities. This year's Panuluyan program focused on Tahanan ng Pagmamahal Children's Home, a refuge for homeless and mistreated orphans located in Brgy. Sagad, Pasig City.

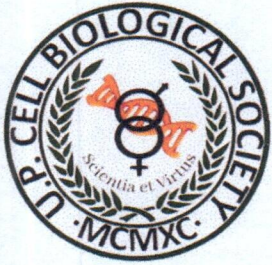


### Medical and Surgical Mission

A collaborative effort between the organization and its former affiliates, in partnership with the medical community, aims to provide free and comprehensive healthcare services to underserved and impoverished areas. This people-centric engagement intends to fuel the fire burning compassion, empathy, and volunteerism among stakeholders and recipients.





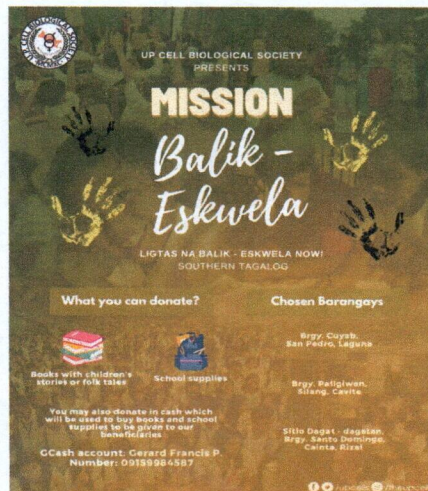


# U.P. Cell Biological Society

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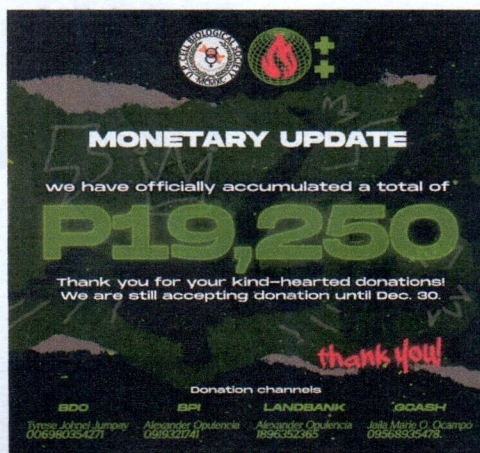
## Donation Drives

"Balik-Eskwela" donation drives offer support to communities facing difficulties during the blended/online learning era. These drives provide vital assistance to families who are challenged by the shift to digital education, making certain that every student has the necessary resources to succeed. By uniting the community and focusing on education, these drives work towards creating a brighter future for all students.

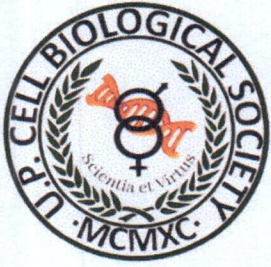


## Online Benefit Concerts

The integration of the organization's socio-cultural events and online benefit concerts is a symbol of generosity and charity. During the pandemic, the organization is raising funds to aid its chosen beneficiaries using mainly Facebook Live and other social networking sites. Resident members showcase their talents during a "Socio-Cultural Night (SCN)" that is streamed on Facebook with the aim of collecting financial aid and bringing excitement and joy to viewers.





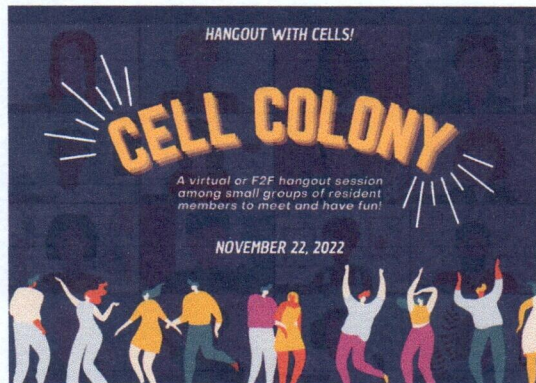


# U.P. Cell Biological Society

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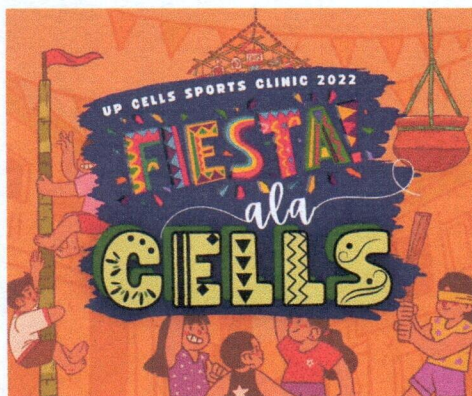
## CELL COLONY

As an organization that values strong interpersonal relationships among its members, UP Cells holds various intra-organization events aimed at enhancing not only their social health but also their overall well-being. This academic year, a virtual or in-person event called "Cell Colony," which brought small groups of resident members together for social hangouts, took place.

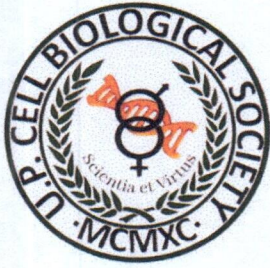


## SPORTS CLINIC

The spirit of sports is an aspect that has always been highly regarded and integrated for the holistic growth of the organization. All residents, regardless of athletic ability, come together to participate in team-building activities and play sports such as basketball, volleyball, and badminton. This strengthens their bonds and makes it easier for them to approach each other when needed.







# U.P. 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 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).

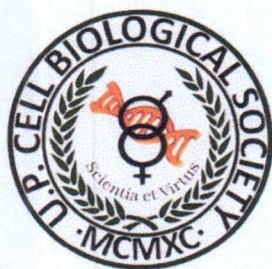
Committed to being at the frontier of promoting academic excellence, SIHAY has developed progressively through the years. It included other activities such as laboratory techniques demonstration, poster-making, and essay-writing contests and became known as the SIHAY Biology Competition. In 2006, the first-ever SIHAY Biology Congress was held, with wider sets of activities such as workshops, seminar series, and research competitions. 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 20th 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 23rd year, SIHAY NBO took on a new facet as it launched the SIHAY.plugged, the first-ever online installment of SIHAY! Last year, its 24th year, concluded with flying colors though it was still online. This year, as it takes on its silver jubilee (25th year), SIHAY.plugged once again launches with the theme "Fluidic Frontier: Navigating the Science of Microfluidic Transformation". SIHAY.plugged aims to tackle Microfluidics 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, impromptu speaking, and quiz contest); academic scholarship (through symposia and techniques demonstration); most importantly, camaraderie and harmony — the same virtues upon which the organization was founded.





# U.P. Cell Biological Society

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## SIHAY NATIONAL BIOLOGY OLYMPIAD PROFILE

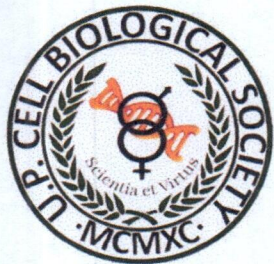
1. For its 25th year, SIHAY NBO takes on a new facet as it launches the second installment of SIHAY.plugged with the theme "Fluidic Frontier: Navigating the Science of Microfluidic Transformation". SIHAY.plugged aims to tackle Microfluidics by transitioning its sub-events into an online set-up without 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, impromptu speaking, and quiz contest); academic scholarship (through symposia); most importantly, camaraderie and harmony — the same virtues upon which the organization was founded.
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 2023, kindly contact our Educational Committee Head at the following contact number and/or the official SIHAY contact details:

Mr. Greg Carlo M. Sandoy (0908 968 4823)

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

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





# U.P. Cell Biological Society

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

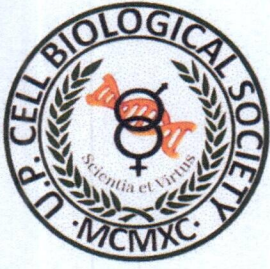
Committed to provide an avenue for young, aspiring high school students an opportunity to excel in the biological arena, SIHAY has catered a more diverse and immense activities in the biological field. For this year's installment, its components comprise the Science Feature Writing, Digital Poster-Making, Impromptu Speaking, 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 through 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"
- 2022: "NEOTERIC SPECK: Zooming into the Particle Dimension of Nanobiotechnology"
- 2023: "FLUIDIC FRONTIER: Navigating the Science of Microfluidic Transformation"

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.





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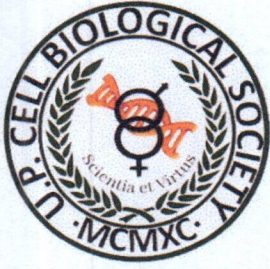
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Even virtually, SIHAY has opened its borders nationwide through SIHAY.plugged last 2021 bringing biology to the comfort of the students' homes without compromising their appreciation of Cell Biology. SIHAY is set apart from other competition for it offers unity in the diversity of biological subfields and encourages the youth to excel in their chosen scopes.

In four years, SIHAY is envisioned to be eminent, notable, and accessible. The organization aspires that SIHAY will be even more advanced 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 adapted to meet DepEd's requirements 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 to 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.
2. Provide a funding and research grant to a student who won the presentation of the research proposals.





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## PROGRAM OF ACTIVITIES

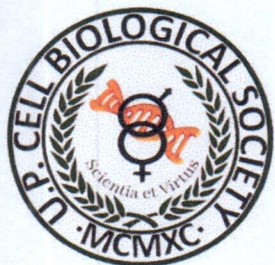
### Contests and Sub-Events

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.
6. **Impromptu Speaking** – aims to assess the participants' abilities to think critically, communicate effectively, present their research clearly, react to unexpected prompts, exhibit their comprehension of the study subject, and acquire public speaking experience.

### Target Participants

For the third installment of SIHAY.plugged 2023, the target participants remain to be Filipino high school students, ranging from **Grades 7 to 12 students**, from **public and private schools** across the country.





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## SIHAY NBO Details

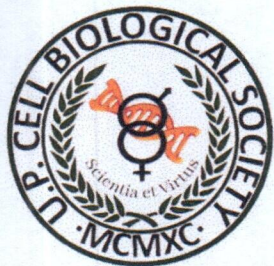
<b>Contact Numbers</b>	<b>SIHAY NBO HEADS</b> Greg Carlo M. Sandoy (0917 505 0608) Andrey Emmanuel DC. Morales (0929 828 8871) Patrick Lawrenz D. Aguilar (0917 505 0608) Jasmine Faye P. Mercado (0945 400 1403) Chelsea Beyonce Cruz (0945 490 5744) Julius Joaquin M. Rafael (0917 808 0623) Ryan Christian U. Abayan Ma. Michelle C. Valenzuela Quintin Karl O. Cueto (0917 142 4548) Cristelle Jane A. Reloza (0927 784 1572)
<b>SIHAY Email</b>	sihaynbo@gmail.com
<b>SIHAY Online Portals</b>	facebook.com/SIHAYNBO/ twitter.com/sihaynbo/

## 2023 Schedule of Activities

\*subject to change without prior notice\*

Date	Event and Activity
April 29	Opening Program Biology Quiz Olympiad (Starter Phase) Junior Life Science Research Olympiad - Finals Biological Symposia
April 30	Science Feature Writing Contest Digital Poster-Making Contest Impromptu Speaking Contest
May 1	Biology Quiz Olympiad (Final Phase) Biological Symposia Closing Program





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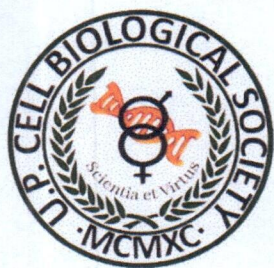


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De Leon, Jan Clemence D.	Abucay, Bataan
De Luna, Christine Anne P.	Baler, Aurora
De Padua, Pearl Ellaine B.	Canaman, Camarines Sur



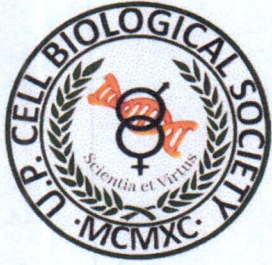


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Hemedes, Christine Monique G.	Cabuyao City, Laguna



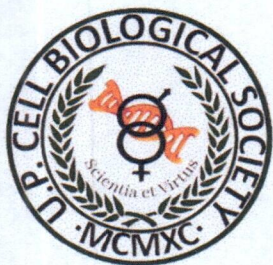


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Lo, Mariel Sam G.	Sorsogon City
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Lupanggo, Athena Koleen	San Pablo City, Laguna



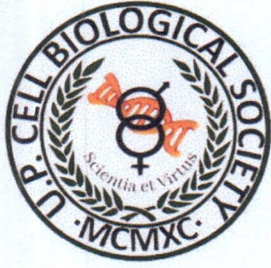


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Sandoy, Greg Carlo M.	Maco, Davao de Oro
Samonte, John Gabriel I.	Las Piñas City, Metro Manila
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Sena, Elisse Kimberly S.	Puerto Princesa City, Palawan
Silab, Mariellen C.	Los Baños, Laguna
Suiza, Sheliya Finn P.	Calauan, Laguna
Tamisin, Charlene May B.	Los Baños, Laguna
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