

**ADVISORY NO. 020, S. 2026**

March 12, 2026

In compliance with DepEd Order No. 8, s. 2013  
this advisory is issued not for endorsement per DO 28, s. 2001  
but only for the information of DepEd Officials, personnel, staff, as well as  
the concerned public. (visit [www.deped.gov.ph](http://www.deped.gov.ph))

**INVITATION TO PARTICIPATE IN THE UP'S MEDALLA 5.0: National  
Academic and Public Health Conference**

The UP Pre-Medical Society Baguio is a duly recognized academic and socio-civic organization at the University of the Philippines Baguio. It cordially invites schools to participate in the **MEDALLA 5.0: National Academic and Public Health Conference**, themed "**MEDIFLAME: Igniting the Passion for Medicine in the Youth**".

Please find enclosed official invitation letter, which includes the details of the program, contact information, and other essential particulars for your reference. Participation and expenses on the said activity is personal and voluntary and shall be subjected to the "no-disruption-of classes" policy stipulated in DepEd Order No. 9, s. 2005, titled "Instituting Measures to Increase Engaged Time-On-Task and Ensuring Compliance Therewith".

For inquiries, clarifications or assistance, please contact the sender through this email: **[medalla2.organizingcommittee@gmail.com](mailto:medalla2.organizingcommittee@gmail.com)**

# UP PRE-MEDICAL SOCIETY BAGUIO

UNIVERSITY OF THE PHILIPPINES BAGUIO  
Governor Pack Road, Baguio City 2600



BAGUIO



@upbpremedsoc



UP Pre-Medical Society Baguio



@upbpremedsoc

February 10, 2026

**SORAYA T. FACULO, PHD, CESO VI**  
Regional Director  
Department of Education- CAR- Baguio City

Dear Ma'am/Sir:

Greetings!

The **UP Pre-Medical Society - Baguio** is a duly-recognized academic and socio-civic organization in the University of the Philippines Baguio that focuses on encouraging and achieving excellence by fostering academic and social growth locally and even beyond, while also being able to promote a wider understanding and awareness of societal issues that the country is facing.

On this account, the UP Pre-Medical Society - Baguio presents the fifth installment of **MEDALLA, a national academic and public health conference consisting of different academic competitions and lecture series pooling the country's best minds**. This event allows junior and senior high school students to showcase their social and cultural skills and promote public health awareness with the goal of enhancing their skills in different ways. The conference would include interscholastic competition and a lecture series discussing different topics in relation to medicine and public health.

The term "MEDALLA" translates to "medal" in Ilocano, which symbolizes the award that is often given or awarded to winners for recognition. The UP-Pre-Medical Society - Baguio strives to acknowledge and recognize the achievements and contributions of every participant, while maintaining honor and excellence in the face of ongoing crises.

Academic competitions include **Public Health Opinion Writing, Science and Health Writing, Poster Making, Medical Trivia Quiz Bee, Impromptu Speech, Traditional Poster Making**, and the **Science Investigatory Project Presentation**. Additionally, we will also be conducting a lecture series, with topics to be announced on our official Facebook pages.

**CHARLIZE ANN NICOLAS**  
PRESIDENT

**JOSE MIGUEL TINIO**  
VP FOR EXTERNAL AFFAIRS

**ALESANDRA JOYCE DELA CRUZ**  
VP FOR MEMBERSHIP & SCREENING

**ANDREA MALLORY IRORITA**  
SECRETARY-GENERAL

**MA. SOPHIA ALTHEA YAPCHIONGCO**  
VP FOR INTERNAL AFFAIRS

**SOPHIA MAE ESGUERRA**  
VP FOR SPECIAL PROJECTS

**SETRIC ZELENE VILLANUEVA**  
ASH OFFICER

**R-B JAKE COTINO**  
VP FOR FINANCE

**EUGENE JOSH MAGTOTO**  
VP FOR PUBLICATIONS

# UP PRE-MEDICAL SOCIETY BAGUIO

UNIVERSITY OF THE PHILIPPINES BAGUIO  
Governor Pack Road, Baguio City 2600



BAGUIO

 @upbpremedsoc  UP Pre-Medical Society Baguio  @upbpremedsoc

This year's MEDALLA 5.0: National Academic and Public Health Conference bears the theme "**MEDIFLAME: Igniting the Passion for Medicine of the Youth.**" This will take place on March 28, 2026 at the University of the Philippines Baguio. Registration will open on **March 1, 2026.**

UP Pre-Medical Society - Baguio invites you to participate in this commitment and kindly support us as we seek an endorsement from your good office and disseminate this information to schools. Taking part in the said event will contribute positively to the academic, non-academic, and professional engagements of the student and faculty staff. We express our sincerest and deepest appreciation for your help.

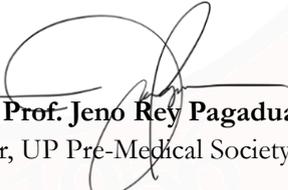
Rest assured that your support will be thoroughly recognized all throughout the event duration. Attached is the event primer containing the guidelines and mechanics, program, and registration procedure. For any inquiries, we will gladly discuss these at your convenience. Feel free to email us at [medalla2.organizingcommittee@gmail.com](mailto:medalla2.organizingcommittee@gmail.com) or check our event Facebook page at [www.facebook.com/MEDALLA.UPPMSBaguio](http://www.facebook.com/MEDALLA.UPPMSBaguio) for more updates.

AL

Sincerely,

Noted by:

  
**Sophia Mae Esguerra**  
Project Co-Head

  
**Asst. Prof. Jeno Rey Pagaduan MSc**  
Adviser, UP Pre-Medical Society - Baguio

  
**Charlize Ann Nicolas**  
Project Co-head

**CHARLIZE ANN NICOLAS**  
PRESIDENT

**JOSE MIGUEL TINIO**  
VP FOR EXTERNAL AFFAIRS

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SECRETARY-GENERAL

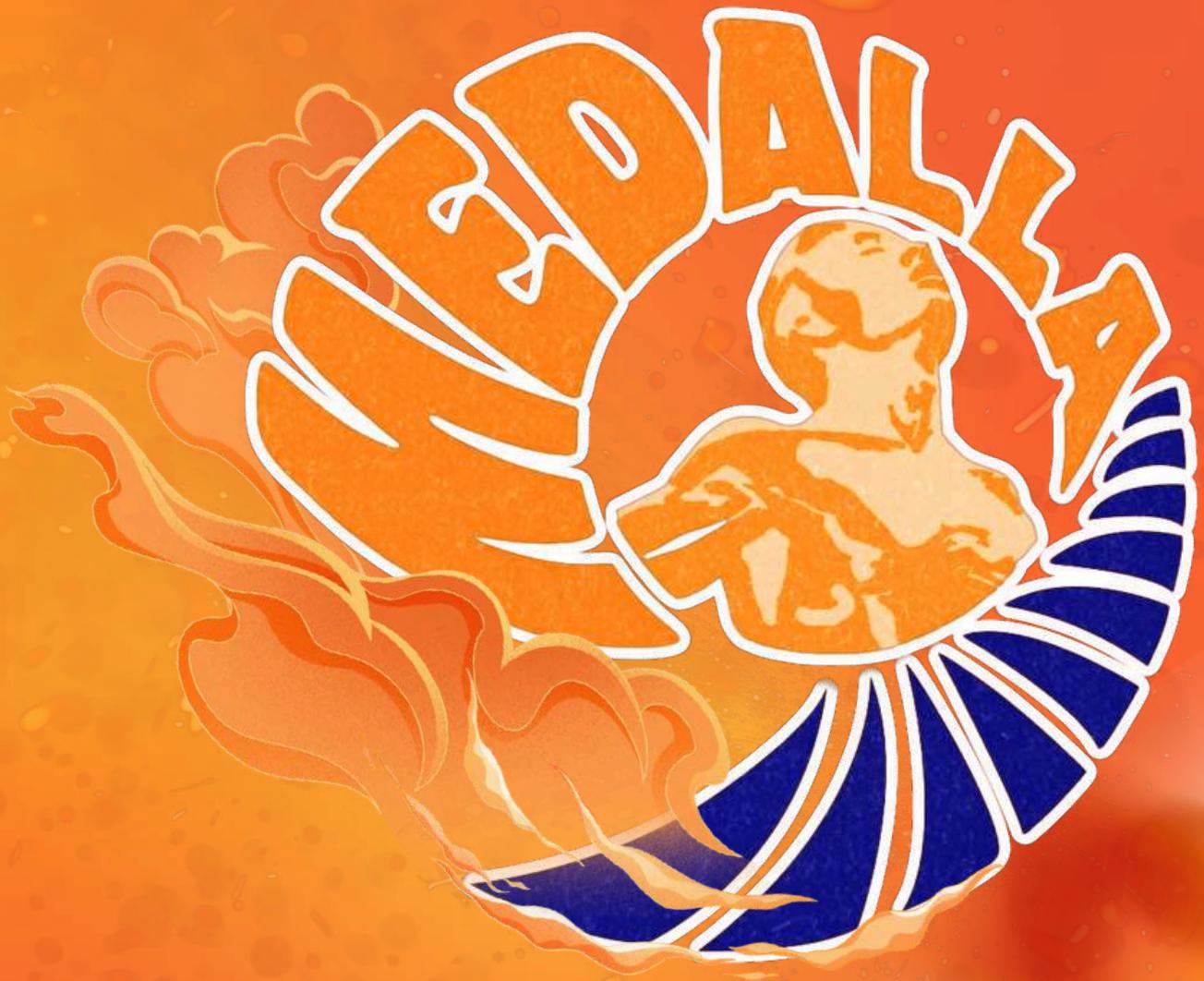
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VP FOR PUBLICATIONS



**NATIONAL ACADEMIC AND  
PUBLIC HEALTH CONFERENCE**



**BAGUIO**



# EVENT PROFILE

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**“MEDIFLAME: IGNITING THE  
PASSION FOR MEDICINE OF THE YOUTH”**

**MEDALLA** is a national academic and public health conference consisting of different academic competitions and lecture series pooling the country's best minds. It aims to promote students' intellectual, social, cultural, and public health awareness through an interscholastic competition and lecture series.

**MEDALLA** is the Ilocano term for “medal”. It pertains to an object that has a commemorative purpose and many are given as awards as a form of recognition. UP Pre-Medical Society Baguio aims to recognize the purpose of each individual participating in the event while still carrying out honor and excellence amid the current health crisis.

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## ORGANIZATION PROFILE

**UP Pre-Medical Society – Baguio** is an academic, special-interest, and socio-civic organization at the University of the Philippines Baguio consisting of young, hardworking, and dedicated individuals from different degree programs, united by a common disposition to take up medicine in the future, who aim to embody the beauty of medicine, in theory, and practice, to contribute to our humanistic growth, and to aid the community. Moreover, we embark on relevant projects that aim to assist our fellowmen. These include **AIDSducation**, a free testing clinic, and **CompassionAID**, our outreach program. We also venture to nurture excellence in different aspects through events such as **MEDALLA**, **NMAT Initiative**, and **MEDBOX**. Through this, we are able to build a life out of the given time in transition to a medical career in pursuit of developing the whole human being.



# SCHEDULE

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TIME	ACTIVITY
<b>7:00 am - 8:00 am</b>	Registration
<b>8:00 am - 8:15 am</b>	Opening Ceremony
<b>8:15 am - 9:00 am</b>	Lecture
<b>9:00 am - 9:15 am</b>	Snack Break
<b>9:15 am - 9:30 am</b>	Room Assignment
<b>9:30 am - 11:45 am</b>	<b>First set of Competitions</b>
<b>12:00 pm - 1:00 pm</b>	Lunch Break
<b>1:00 pm - 1:15 pm</b>	Room Assignment
<b>1:15 pm - 4:00 pm</b>	<b>Second set of Competitions</b>
<b>4:00 pm - 4:30 pm</b>	Short Break
<b>4:30 pm - 6:00 pm</b>	Awarding Ceremony



# REGISTRATION

## INDIVIDUAL COMPETITION

## FEES (PER CONTESTANT)

<b>Public Health Opinion Writing</b>	PHP 120
<b>Science and Health Writing</b>	PHP 120
<b>Traditional Poster Making</b>	PHP 120
<b>Impromptu Speech</b>	PHP 120
<b>Medical Quiz Bee</b>	PHP 120

## TEAM COMPETITION

## FEES (PER GROUP)

<b>Investigative Project</b>	PHP 250
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# GENERAL GUIDELINES

“MEDIFLAME: IGNITING THE PASSION FOR MEDICINE OF THE YOUTH”

## ORGANIZING COMMITTEES

### A. The MEDALLA Committee

The MEDALLA Committee is the highest policy- and decision-making body of MEDALLA. It shall be headed by the Vice President for Special Projects of UP Pre-Medical Society – Baguio, and composed of the appointed steering committee heads, and the members of the Executive Committee of the organization.

### B. The Steering Committee

The Steering Committee is composed of the members of the organization that shall oversee the progress of the project; provide advice, support and guidance to ensure the delivery of the project outputs and the achievement of the project outcomes.

b. Students who have already registered but fail to participate face-to-face are disqualified and will not be refunded.

### B. ADVISERS

1. The adviser/s must be a **faculty member** of his/her participating school supported by **proper documentation** (i.e faculty ID).
2. Aside from the contestants, only he/she may be the only representative of the Junior High School and/or Senior High School **who can file appropriate protests or complaints to the board of judges.**
3. The adviser shall be the only representative of the school who shall **participate in discussions and decision making** regarding special cases.

**NOTE:** Participants may or may not choose to have an adviser upon registration and the entirety of the competition as this will not be determinant for disqualification.

## PARTICIPATION

### A. SCHOOLS AND CONTESTANTS

1. Any **bona fide Junior High School and/or Senior High School students** from either **public or private schools** of the country are qualified to represent their school and compete in the contested activities.
2. **Individual certification** attesting to the contestants' enrollment in their respective schools or their **school IDs** shall be required upon registration.
3. No limit of the number of contestants per school shall be employed. The school may send as many willing participants and/or teams (for group competitions) to represent and compete in each category of the contests. **Students can choose to join and participate in one (1) or more competition given that the schedule of chosen competitions will not clash with each other.**
  - a. Students that have already registered to join competitions with clashing schedules will not be refunded but can still participate in either competitions.



# GENERAL GUIDELINES

“MEDIFLAME: IGNITING THE PASSION FOR MEDICINE OF THE YOUTH”

## DECISION MAKING

### A. The Board of Judges (BOJ)

1. Each contest shall have a BOJ composed of **two(2) - three (3)** reputable judges, academic personnel, and/or members of the organization who possess knowledge, skills, and expertise relevant for each contest.
1. The BOJ shall **decide on all protests or complaints** filed by any coach/adviser/contestant in all the events in the competition.
  - a. Protests and complaints shall only be entertained thirty (30) minutes after the competition.
2. All decisions made by the BOJ are **final and irrevocable**.

## COMPETITIONS

### A. Individual

1. Public Health Opinion Writing
2. Science and Health Writing
3. Poster Making
4. Impromptu Speech
5. Medical Trivia Quiz Bee

### B. Group

1. Investigatory Project

## LECTURE

**All contestants are expected to be in the venue proper fifteen (15) minutes before the starting time and an hour before the beginning of each respective contests.** The lecture series for this year will be conducted **face-to-face** on **March 28, 2026**. It is part of the opening ceremony of the event and all participants are **required** to attend as themes and topics of other contests are based on these lectures. The invited speaker will come from medical and/ or public health backgrounds (physicians, medical students, public health officials, etc.).

For further inquiries, you may contact **Rhexxie Anne Mae G. Macalong** at **09946371559**. You may also email us at [medalla2.organizingcommittee@gmail.com](mailto:medalla2.organizingcommittee@gmail.com) or message us through our Facebook page [www.facebook.com/MEDALLA.UPPMSBagoio](https://www.facebook.com/MEDALLA.UPPMSBagoio).



NATIONAL ACADEMIC AND  
PUBLIC HEALTH CONFERENCE

# CONTEST GUIDELINES



BAGUIO

# PUBLIC HEALTH OPINION WRITING



## RULES & MECHANICS

- 1.The contest shall be divided into **two (2)** divisions:
  - a.Division 1: **Junior High School Division**
  - b.Division 2: **Senior High School Division**
- 2.Each division shall have 3 winners (2 runner-ups, and 1 champion), which will be declared after the contest.
- 3.The organizers shall only entertain clarifications regarding the Rules and Mechanics of the competition **BEFORE** the submission of entries. No more concerns will be addressed after the submission.
- 4.Changes in details (e.g., name of contestants/alternate contestants or school) after submission of online registration **shall not be entertained**.
- 5.All decisions are subject to the approval of the Board of Judges (BOJ) and the MEDALLA Committee and are considered **final and irrevocable**.

## ELIGIBILITY

### A. SCHOOLS AND CONTESTANTS

- 1.Participants from **Grades 7 to 10** (for Junior High School Division), and **Grades 11 to 12** (for Senior High School Division), who are bona fide students or studying in **any public or private school in the Philippines** are qualified to compete.
- 2.**Clear photos/scanned documents** of the **participant certification** that show proof of the contestant's enrollment in their respective schools OR their school IDs are required upon online registration.
- 3.Have successfully registered through the registration google form that will be posted in our official facebook page.

## GUIDELINES

- 1.Participants are tasked to write an opinion essay of the topic provided by the organizers based on the lecture topics during the opening ceremony.
- 2.The essay topics for both Junior High School and Senior High School will be given **on the spot** before the competition per se.
- 3.Participants are given only **two (2) hours** to write and submit the entries.
- 4.The medium of writing for both divisions is either in **straight English or Filipino only**.
- 5.Essay must be **original**, not previously published in print or online.
- 6.Entries must be the work of **one person only** and not be a collective work of more than one person.
- 7.The essay should be written in bond paper **Letter size** (21.59 cm x 27.94 cm) that will be provided by the officiating members. **An extra sheet of paper will be provided by facilitators. Any unauthorized sheet of paper is not allowed.** Essay must meet the following requirements:
  - a.Must be **relevant** to the theme and topic
  - b.Must contain a **title**
  - c.Must be within **two (2)- three (3) pages**
  - d.Must be **written neatly**

**Note:** *Non-compliance with the format will result in disqualification of entry.*

# PUBLIC HEALTH OPINION WRITING



## DISQUALIFICATION

Participants and submitted essay will be **AUTOMATICALLY** disqualified if:

1. Participants seek advice from their coach and/or advisers.
2. Participants use their mobile phones during the contest proper.
3. Submitted essays are already featured in other competitions (school-based, division, regional, national, international, etc.).
4. Submitted essays have been previously uploaded, or published in any media form.
5. Submitted essays are plagiarized (i.e AI generated, from another source, etc.).

## SUBMISSION

1. Only one (1) entry per student.
2. Once the student has submitted, changes or corrections are prohibited.
3. The participants must submit their work on time. Failure to submit during the said deadline will face disqualification.

## JUDGING CRITERIA

<b>CONTENT</b> Ideas are clear when they are not vague and are understandable. They are rich when the arguments or points presented are well-discussed and fleshed out. They are relevant when they are responsive to the given theme.	<b>45%</b>
<b>UNITY AND COHERENCE</b> The essay is written in a logical and sensible manner. The ideas and thoughts indicate fluidity and the transitions are clear and necessary.	<b>25%</b>
<b>ORIGINALITY</b> The essay explores fresh ideas or presents a point that is not common to the senses or popular.	<b>10%</b>
<b>TECHNIQUE AND STYLE</b> Technique refers to the delivery of narrative. It considers the tone and method employed for the narrative. Technique also covers the adherence to the rules of the language being used. This governs grammar. Style refers to the use of language to adorn and beautify the essay.	<b>20%</b>
<b>TOTAL</b>	<b>100%</b>

# PUBLIC HEALTH OPINION WRITING



1. The final ranking shall be based on the **average rank** garnered by the contestants.
2. In case of a tie, the decision shall be based on the **first criterion (Content)**.
  - a. If it fails to break the tie, **the next criterion (Unity and Coherence)** shall be used, and so on until no more ties exist.
  - b. If the tie still exists after using all the criteria, another topic shall be given. The above rules shall be used.
3. The top three (3) scorers shall be declared as the winners of the event.

## INTELLECTUAL PROPERTY AND OWNERSHIP

The ownership of the submitted essays would be retained by the respective student writers but with the explicit permission to be used by the UP Pre-Medical Society - Baguio free of any charge for the purpose of using the essays for promotion of the competition on any and all media, throughout the world in perpetuity.

For further inquiries, you may contact **Rhexxie Anne Mae G. Macaloug** at **09946371559**. You may also email us at [medalla2.organizingcommittee@gmail.com](mailto:medalla2.organizingcommittee@gmail.com) or message us through our Facebook page [www.facebook.com/MEDALLA.UPPMSBaguio](http://www.facebook.com/MEDALLA.UPPMSBaguio).

# SCIENCE AND HEALTH WRITING



## RULES & MECHANICS

1. The contest shall be divided into **two (2)** divisions:
  - a. Division 1: **Junior High School Division**
  - b. Division 2: **Senior High School Division**
2. Each division shall have 3 winners (2 runner-ups, and 1 champion), which will be declared after the contest.
3. The organizers shall only entertain clarifications regarding the Rules and Mechanics of the competition **BEFORE** the submission of entries. No more concerns will be addressed after the submission.
4. Changes in details (e.g., name of contestants/alternate contestants or school) after submission of online registration **shall not be entertained**.
5. All decisions are subject to the approval of the Board of Judges (BOJ) and the MEDALLA Committee and are considered **final and irrevocable**.

## ELIGIBILITY

### A. SCHOOLS AND CONTESTANTS

1. Participants from **Grades 7 to 10** (for Junior High School Division), and **Grades 11 to 12** (for Senior High School Division), who are bona fide students or studying in **any public or private school in the Philippines** are qualified to compete.
2. **Clear photos/scanned documents** of the **participant certification** that show proof of the contestant's enrollment in their respective schools OR their school IDs are required upon online registration.
3. Have successfully registered through the registration google form that will be posted in our official facebook page.

## GUIDELINES

1. Participants are tasked to write an essay of the topic provided by the organizers based on the lecture topics during the opening ceremony.
2. The essay topics for both Junior High School and Senior High School will be given **on the spot** before the competition per se.
3. Participants are only given **two (2) hours** to write and submit their entries.
4. The medium of writing for both divisions is either in **straight English or Filipino only**.
5. Essay must be **original**, and has not been published in print or online.
6. Entries must be the work of **one person only** and not be a collective work of more than one person.
7. The essay should be written in bond paper (**Letter size** 21.59 cm x 27.94 cm) that will be provided by the officiating members. **An extra sheet of paper will be provided by facilitators. Any unauthorized sheet of paper is not allowed.** Essay must meet the following requirements:
  8. Must be **relevant** to the theme and topic
  9. Must contain a **title**
  10. Must be within **two (2)- three (3) pages**
  11. Must be **written neatly**

**Note: Non-compliance with the format will result in disqualification of entry.**

# SCIENCE AND HEALTH WRITING



## DISQUALIFICATION

Participants and submitted essay will be **AUTOMATICALLY** disqualified if:

1. Participants seek advice from their coach and/or advisers.
2. Participants use their mobile phones during the contest proper.
3. Submitted essays are already featured in other competitions (school-based, division, regional, national, international, etc.).
4. Submitted essays have been previously uploaded, or published in any media form.
5. Submitted essays are plagiarized (i.e AI generated, from another source, etc.).

## SUBMISSION

1. Only one (1) entry per student.
2. Once the student has submitted, changes or corrections are prohibited.
3. The participants must submit their work on time. Failure to submit during the said deadline will face disqualification.

## JUDGING CRITERIA

<b>CONTENT</b> Ideas are clear when they are not vague and are understandable. They are rich when the arguments or points presented are well-discussed and fleshed out. They are relevant when they are responsive to the given theme.	<b>45%</b>
<b>UNITY AND COHERENCE</b> The essay is written in a logical and sensible manner. The ideas and thoughts indicate fluidity and the transitions are clear and necessary.	<b>25%</b>
<b>ORIGINALITY</b> The essay explores fresh ideas or presents a point that is not common to the senses or popular.	<b>10%</b>
<b>TECHNIQUE AND STYLE</b> Technique refers to the delivery of narrative. It considers the tone and method employed for the narrative. Technique also covers the adherence to the rules of the language being used. This governs grammar. Style refers to the use of language to adorn and beautify the essay.	<b>20%</b>
<b>TOTAL</b>	<b>100%</b>

# SCIENCE AND HEALTH WRITING



1. The final ranking shall be based on the **average rank** garnered by the contestants.
2. In case of a tie, the decision shall be based on the **first criterion (Content)**.
  - a. If it fails to break the tie, **the next criterion (Unity and Coherence)** shall be used, and so on until no more ties exist.
  - b. If the tie still exists after using all the criteria, another topic shall be given. The above rules shall be used.
3. The top three (3) scorers shall be declared as the winners of the event.

## INTELLECTUAL PROPERTY AND OWNERSHIP

The ownership of the submitted essays would be retained by the respective student writers but with the explicit permission to be used by the UP Pre-Medical Society - Baguio free of any charge for the purpose of using the essays for promotion of the competition on any and all media, throughout the world in perpetuity.

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# TRADITIONAL POSTER MAKING



## RULES & MECHANICS

1. The contest shall be divided into **two (2)** divisions:
  - a. Division 1: **Junior High School Division**
  - b. Division 2: **Senior High School Division**
2. Each division shall have 3 winners (2 runner-ups, and 1 champion), which will be declared after the contest.
3. The organizers shall only entertain clarifications regarding the Rules and Mechanics of the competition **BEFORE** the submission of entries. No more concerns will be addressed after the submission.
4. Changes in details (e.g., name of contestants/alternate contestants or school) after submission of online registration **shall not be entertained**.
5. All decisions are subject to the approval of the Board of Judges (BOJ) and the MEDALLA Committee and are considered **final and irrevocable**.

## ELIGIBILITY

### A. SCHOOLS AND CONTESTANTS

1. Participants from **Grades 7 to 10** (for Junior High School Division), and **Grades 11 to 12** (for Senior High School Division), who are bona fide students or studying in **any public or private school in the Philippines** are qualified to compete.
2. **Clear photos/scanned documents** of the **participant certification** that show proof of the contestant's enrollment in their respective schools OR their school IDs are required upon online registration.
3. Have successfully registered through the registration google form that will be posted in our official facebook page.

## GUIDELINES

1. Participants are tasked to create a **poster on a ¼ illustration board (15" x 20")** that is expected to convey the message in line with the theme.
2. Posters can be in **landscape** or **portrait** orientation.
3. Participants are given only **two (2) hours** to create and submit the entries.
4. The participant **must prepare their own illustration board and art materials** such as colored pencils, oil pastels, paints, watercolors, and the like. Moreover, **all participants are required to bring their own newspapers, tissue papers, or any other cleaning materials to ensure cleanliness of their work area**. All materials will be checked before the start of the contest to ensure that the illustration board is blank.
5. All elements of the poster must be original and be made from scratch. Any form of plagiarism, including but not limited to the use of reference images, is subject to disqualification.
6. The submitted poster must be a single work of original material **created solely** by the **contestant**.
7. The judges have the right to disqualify an entry at any time.

# TRADITIONAL POSTER MAKING



## DISQUALIFICATION

The following entries will be AUTOMATICALLY disqualified:

1. Posters that are featured or used in other competitions (school-based, division, regional, national, international, etc.).
2. Posters that have been previously uploaded, published, or shot.
3. Posters that bear images of public officials or any subject that may serve as a ground for endorsement.
4. Posters that violate a person's rights including, but not limited to, copyright or privacy.

## SUBMISSION

1. Only one (1) entry per student.
2. Once the student has submitted, changes or corrections are prohibited.
3. The participants must submit their work on time. Failure to submit during the said deadline will face disqualification.

## JUDGING CRITERIA

CREATIVITY AND ORIGINALITY	30%
RELEVANCE TO THE THEME	30%
COMPOSITION AND TECHNIQUE	20%
AESTHETIC AND VISUALS	20%
TOTAL	100%

1. The final ranking shall be based on the **average rank** garnered by the contestants.
2. **In case of a tie**, the decision shall be **based on the first criterion** (*Creativity and Originality*).
  - a. If it fails to break the tie, the **next criterion** (*Relevance to the Theme*) shall be used, and so on until no more ties exist.
  - b. If the tie still exists after using all the criteria, another topic shall be given. The rules stated shall be used.
3. The **top three (3) scorers** shall be declared as the winners of the event.

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# IMPROMPTU SPEECH



## RULES & MECHANICS

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- 3.Have successfully registered through the registration google form that will be posted in our official facebook page.

## GUIDELINES

- 1.The impromptu speech contest will be conducted **face-to-face at University of the Philippines Baguio**.
  - a.The **room** for the said competition will be announced on **March 28, 2026** before the kickstart of all the contests.
  - b.Late participants are automatically disqualified.
- 2.Participants should attend the opening lecture series as the topic for the contest will solely be based on it.
- 3.Contestants must wear **business casual/ semi-formal attire/ school uniform** during the event.
- 4.The order of performance shall be determined by a **randomizer** before the contest proper.
- 5.Each contestant will enter the room based on the generated order of performance. The remaining contestants shall wait in the waiting area/room.
  - a.Once the contestant enters the performance room, he/she is not allowed to go out anymore (i.e. use the restroom, talk to adviser/coach, etc.). The contestant will only be allowed to exit the room after his/her speech.
  - b.After the contestant's speech, he/she is not allowed to enter the waiting area/room anymore.
- 6.The topic shall be flashed in the Television once the contestant is settled. Each contestant shall be given only **one (1) minute to prepare and organize** his/her thoughts, and another **five (5) minutes to deliver** it.
  - a.The contestant shall **not** bring any of his/her gadget in the performance room. The contestant is **allowed to only bring a clean paper and a pen**.
  - b.A **signal** will be given to signify the **last minute** of their speaking time.
  - c.**One (1) point deduction** will be given for **every 30 seconds** consumed beyond the allotted time.
- 7.The speech must be **original**. The speech can be delivered using the **English language only**.

# IMPROMPTU SPEECH



## JUDGING CRITERIA

### CONTENT

Ideas are clear when they are not vague and are understandable.

They are rich when the arguments or points presented are well-discussed and fleshed out.

They are relevant when they are responsive to the given theme.

45%

1. The final ranking shall be based on the **average rank** garnered by the contestants.
2. In case of a tie, the decision shall be based on the **first criterion (Content)**.
  - a. If it fails to break the tie, **the next criterion (Unity and Coherence)** shall be used, and so on until no more ties exist.
  - b. If the tie still exists after using all the criteria, another topic shall be given. The above rules shall be used.
3. The top three (3) scorers shall be declared as the winners of the event.

### UNITY AND COHERENCE

The essay is written in a logical and sensible manner.

The ideas and thoughts indicate fluidity and the transitions are clear and necessary.

25%

## INTELLECTUAL PROPERTY AND OWNERSHIP

The ownership of the submitted essays would be retained by the respective student writers but with the explicit permission to be used by the UP Pre-Medical Society - Baguio free of any charge for the purpose of using the essays for promotion of the competition on any and all media, throughout the world in perpetuity.

### ORIGINALITY

The essay explores fresh ideas or presents a point that is not common to the senses or popular.

10%

For further inquiries, you may contact **Rhexie Anne Mae G. Macalong** at **09946371559**. You may also email us at [medalla2.organizingcommittee@gmail.com](mailto:medalla2.organizingcommittee@gmail.com) or message us through our Facebook page [www.facebook.com/MEDALLA.UPPMSBaguio](http://www.facebook.com/MEDALLA.UPPMSBaguio).

### TECHNIQUE AND STYLE

Technique refers to the delivery of narrative.

It considers the tone and method employed for the narrative.

Technique also covers the adherence to the rules of the language being used.

This governs grammar.

Style refers to the use of language to adorn and beautify the essay.

20%

**TOTAL**

**100%**

# INVESTIGATORY PROJECT



## RULES & MECHANICS

1. The contest shall be divided into **two (2)** divisions:
  - a. Division 1: **Junior High School Division**
  - b. Division 2: **Senior High School Division**
2. Each division shall have 3 winners (2 runner-ups, and 1 champion), which will be declared after the contest.
3. The organizers shall only entertain clarifications regarding the Rules and Mechanics of the competition **BEFORE** the submission of entries. No more concerns will be addressed after the submission.
4. Changes in details (e.g., name of contestants/alternate contestants or school) after submission of online registration **shall not be entertained**.
5. All decisions are subject to the approval of the Board of Judges (BOJ) and the MEDALLA Committee and are considered **final and irrevocable**.

## ELIGIBILITY

### A. SCHOOLS AND CONTESTANTS

1. Participants from **Grades 7 to 10** (for Junior High School Division), and **Grades 11 to 12** (for Senior High School Division), who are bona fide students or studying in **any public or private school in the Philippines** are qualified to compete.
2. **Clear photos/scanned documents** of the **participant certification** that show proof of the contestant's enrollment in their respective schools OR their school IDs are required upon online registration.
3. Have successfully registered through the registration google form that will be posted in our official facebook page.

## GUIDELINES

1. Participants shall form a team consisting of a maximum of **5 members**.
2. Each team must create and present their own research. The chosen studies to be judged must be under the **Life Sciences**—that is the scientific study of living organisms—including biology, medicine, and agriculture.
  - a. The research may either be Quantitative Research or Qualitative Research
3. The **research paper is not required to be printed and submitted to the panelists**.
4. **Research posters / display boards** should be prepared and are **required to be printed and available for submission**.
  - a. Research posters / display boards shall be placed on a **soft copy of 30" x 40" (76 cm x 102 cm)** display board, which will be posted at a venue at an open space at University of the Philippines Baguio.
  - b. The posters will be displayed similar to a **museum exhibit**. Audience and panelists can check your posters and can **vote for the best research poster**.
    - i. Votes in each research poster will not be included in the criteria for judging but poster/s with the greatest number of votes will win the **"Best Research Poster of MEDALLA 2026"**
    - ii. Participants must submit their display board **before the start of the contest proper**. Late submission will not be accepted and presentations will not be considered.
5. The contents of the research display board shall include the following:
  - a. Title of the study
  - b. Abstract (Maximum of 250 words)
  - c. Background of the study
  - d. Objectives
  - e. Significance of the Study
  - f. Methodology
  - g. Results and Discussion
  - h. Conclusion and Recommendation
  - i. Bibliography
  - j. Acknowledgements

# INVESTIGATORY PROJECT



## GUIDELINES

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  - f. Methodology
  - g. Results and Discussion
  - h. Conclusion and Recommendation
  - i. Bibliography
  - j. Acknowledgements

### • Display Board Layout:

**Note:** Participants can layout their own display board style given that all required contents are present and easily readable.



6. All contents of the research display board, including images, diagrams, and figures, **must fit well within the dimensions** of the display board material. The texts must also be **legible and well organized**.
7. You may create and/or edit your entries using any **editing platform** such as, but not limited to, professional editing software and applications like **illustrator, canva, publisher, and the likes**.
  1. **Display Boards/ posters are not required to be submitted during the Investigatory Project registration process.** However, participants who fail to submit their display boards/ posters before the contest proper will be **disqualified**.

# PUBLIC HEALTH OPINION WRITING



8. All display boards must be in **portrait orientation**.
9. Participants are also expected to **prepare for a presentation on March 28, 2026 at the University of the Philippines Baguio**.
  - a. All participants shall use powerpoint presentation, slideshare, etc. for their presentation
  - b. Among the members, a **minimum of one (1) and maximum of three (3)** may present the research.
  - c. Each team shall only be given **15 minutes to present** their research, and an additional **10 minutes will be allotted for the questions**.
  - d. The room assignment will be announced on **March 28, 2026 before the kickstart of all the contests**.
10. Past research papers/works from no more than two years ago are permitted. Additionally, papers/works that are already presented in any season of MEDALLA will not be permitted.

## SUBMISSION

1. One (1) submission for each group. One (1) group member from the team may submit their research paper and display board.
2. Submission of all entries is through **Google Forms** which can be accessed soon in our official facebook page.
3. The **file name** of the entry (in .pdf file format) for the research paper must follow the format:  
**<Research Topic>\_<Category>\_<Research Paper>**  
(e.g. Factors Affecting Brain Drain\_Quantitative Research\_Research Paper).
4. Proper credits will be given to the contestant.

## DISQUALIFICATION

Participants and submitted essay will be **AUTOMATICALLY** disqualified if:

1. Participants seek advice from their coach and/or advisers.
2. Participants use their mobile phones during the contest proper.
3. Submitted essays are already featured in other competitions (school-based, division, regional, national, international, etc.).
4. Submitted essays have been previously uploaded, or published in any media form.
5. Submitted essays are plagiarized (i.e AI generated, from another source, etc.).

# PUBLIC HEALTH OPINION WRITING



## JUDGING CRITERIA

### Interview/Presentation

- Ability to answer questions
- Voice projection and good articulation
- Clarity of thoughts
- Completion of the presentation within the allotted time

30%

### Positive and Sustainable Outcomes/Results

- Objectives are achieved
- Interventions or theoretical outcomes are significant and effective
- Results demonstrate relevance to the problems presented
- Environmental, social, and medical impact

20%

### Originality of Research Topic

- Creativity, timeliness and innovativeness
- Presents new approach and/or knowledge
- Improves existing work, information, or product
- Studies under-researched areas

20%

### Evidence of Research Plan/Literature Search

- Use of reliable and ample sources
- Information from literatures is applied appropriately
- Research plan is empirical and organized

10%

### Logical Investigation & Use of Appropriate Techniques

- Uses correct statistical and/or experimental methods
- Procedures are reproducible, consistent, and feasible
- Provides reliable and valid data
- Procedure and analysis are systematic

20%

TOTAL

100%

## INTELLECTUAL PROPERTY AND OWNERSHIP

1. The **final ranking** shall be based on the **average rank** garnered by the contestants.
2. In case of a tie, the decision shall be based on the **Interview/Presentation criterion**.
  - a. If it fails to break the tie, the **next criterion** (*Originality of Research Topic*) shall be used, and so on until no more ties exist.

The **top three (3) scorers** shall be declared as the winners of the event.

The ownership of the submitted essays would be retained by the respective student writers but with the explicit permission to be used by the UP Pre-Medical Society - Baguio free of any charge for the purpose of using the essays for promotion of the competition on any and all media, throughout the world in perpetuity.

For further inquiries, you may contact **Rhexxie Anne Mae G. Macaloug** at **09946371559**. You may also email us at [medalla2.organizingcommittee@gmail.com](mailto:medalla2.organizingcommittee@gmail.com) or message us through our Facebook page [www.facebook.com/MEDALLA.UPPMSBaguio](http://www.facebook.com/MEDALLA.UPPMSBaguio).

# MEDICAL TRIVIA QUIZ BEE



## RULES & MECHANICS

- 1.The contest shall be divided into **two (2)** divisions:
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- 2.Each division shall have 3 winners (2 runner-ups, and 1 champion), which will be declared after the contest.
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## GUIDELINES

- 1.The quiz bee shall be conducted **face-to-face at the University of the Philippines Baguio**. Room assignments will be announced **before** the kickstart of all contests.
- 2.Each group must **bring their own whiteboard and whiteboard marker**. If not possible, the group can use clean bond papers and a marker as an alternative.
- 3.The quiz bee shall compose the following categories:
  - **Easy Round:** two **(2)** point per question
    - Will be composed with **ten (10) questions;**
  - **Average Round:** three **(3)** points per question and **Difficult Round:** five **(5)** points per question
    - Will be composed with **ten (10) questions each round**

**Note:** All three rounds will have a **total of 100 points**.

4. Questions will be **read by the quiz master** and will be **flashed on a TV screen**. For the easy, average, and difficult rounds, the contestants will be given a total of **15 seconds, 30 seconds and 45 seconds** respectively to think and finalize their answers after the quizmaster reads the question.
5. Each group is advised to minimize their noise. The use of any technologies is strictly prohibited.
6. **All participants must stop writing when the quiz master says "pencils up" Additionally, answers shall be written on a white board or paper and should be only shown after the quiz master says "Go".**
7. Contestants may only raise their complaints and/or clarifications **before the next question**, and shall be addressed by the Board of Judges accordingly.

# MEDICAL TRIVIA QUIZ BEE



- **Credible and concrete sources must be presented** to back claims for errors in the questions. Online sources may be stated as well, **except for Wikipedia and similar sources.** (NOTE: The presentation of such sources does not guarantee the validity of claims, for the error may be on the part of the source.)
- A maximum of **1 minute of complaints are allowed.** Raising complaints only to merit points are subject to deductions of scores or disqualification from the contest.

8. The **final ranking** shall be based on the **total combined scores** of each participant in all rounds.

9. In case of a tie, **clincher questions** will be asked to the contestants involved.

10. The **three (3) contestants** with the highest overall scores shall be awarded as the winners of the Medical Trivia Quiz Bee.

For further inquiries, you may contact **Rhexxie Anne Mae G. Macalong** at **09946371559**. You may also email us at [medalla2.organizingcommittee@gmail.com](mailto:medalla2.organizingcommittee@gmail.com) or message us through our Facebook page [www.facebook.com/MEDALLA.UPPMSBaguio](http://www.facebook.com/MEDALLA.UPPMSBaguio).