



# UP CELL BIOLOGICAL SOCIETY

INSTITUTE OF BIOLOGICAL SCIENCES  
UNIVERSITY OF THE PHILIPPINES LOS BAÑOS, LAGUNA, 4031 PHILIPPINES

## EXECUTIVE COMMITTEE A.Y. 2025-2026

DOMINIC B. TAN  
PRESIDENT

SAMANTHA MARIE A. ARNESTO  
VICE PRESIDENT

MARK ANGELO F. RALOTA  
SECRETARY

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INTERNAL P.R.O.

MARYELLAH P. LOZANO  
EXTERNAL P.R.O.

SOPHIA MAE A. CARVAJAL  
MEMBERSHIP COMMITTEE HEAD

CHRISTINE JOY S. LIWANAG  
EDUCATIONAL COMMITTEE HEAD

LOUIEGI JOSH M. BAUET  
PUBLICATION COMMITTEE HEAD

**Benjamin D. Paragas**  
Regional Director  
Region II

12 February 2026

Dear Mr. Paragas:

Greetings!

The **UP Cell Biological Society (UP Cells)** is one of the largest student-led academic organizations 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 for 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.

Anchored on these ideals, UP Cells annually conducts the **SIHAY National Biology Olympiad (SIHAY NBO)**, a flagship academic event that brings together high school students from different parts of the country through their shared enthusiasm in Biology. We are pleased to announce that SIHAY returns for its **28th year** to be held at the **University of the Philippines Los Baños** on **March 07-08, 2026**, with the theme **"OsCELLations: Echoing the Sonic Revolution of Bioacoustics."** This year's theme aims to highlight the growing relevance of bioacoustics in understanding biological systems through sound and vibration.

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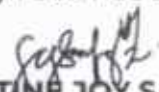
LOUIEGI JOSH M. BAUET  
**PUBLICATION COMMITTEE HEAD**

The **two-day event** is designed to provide participants with a comprehensive and enriching academic experience through a series of structured activities, including **Science Feature Writing, On-the-Spot Poster Making, Impromptu Speaking, the Amazing Race, the Junior Life Sciences Research Olympiad, the Biology Quiz Olympiad, BioSymposia, and Biotechniques.**

As we prepare for this meaningful academic gathering, we humbly seek the support of your esteemed office by endorsing **SIHAY National Biology Olympiad 2026.** Your endorsement would greatly help us reach a wider audience and further inspire young learners to pursue excellence in the field of Biology. For your reference, we have attached the pertinent documents detailing the event. Should our request be granted we respectfully request for a copy of your endorsement letter.

We look forward to your kind consideration and favorable response. We firmly believe that the guidance and support of your office will play a vital role in ensuring the success of this endeavor. For coordination and further inquiries, we may be contacted through **Christine Joy S. Liwanag** at **(0950 841 0270)** or through email at **sihaynbo@gmail.com**.

Through Science and Virtue,


  
**CHRISTINE JOY S. LIWANAG**  
Educational Committee Head

Noted by:

  
**DOMINIC B. TAN**  
President

  
**MANNIX S. PEDRO**  
Adviser

  
**ANNA MARIEL T. MENDOZA**  
Adviser

MEMORANDUM	Date: 2/20/26	Revised: <i>AK</i>
To: <input checked="" type="checkbox"/> PSDS/DICs	<input checked="" type="checkbox"/> Elem/Sec School Heads	
<input type="checkbox"/> Private Schools	<input type="checkbox"/> Others:	
For: <input checked="" type="checkbox"/> Information	<input checked="" type="checkbox"/> Dissemination	
<input checked="" type="checkbox"/> Guidance	<input type="checkbox"/> Strict Compliance	
<b>ORLANDO E. MANUEL PhD., CESO V</b> Schools Division Superintendent		
By: <input type="checkbox"/> AKS	<input type="checkbox"/> DO Chief	<input type="checkbox"/> SO Chief
<input type="checkbox"/> No	<input checked="" type="checkbox"/> Signature	





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## ABOUT THE ORGANIZATION

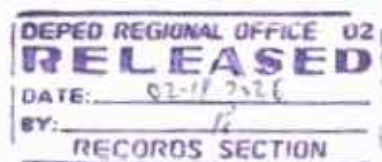
The **UP Cell Biological Society (UP CELLS)** is an academic organization based at the Institute of Biological Sciences, University of the Philippines Los Baños. For the past 33 years, it has been continuously aiming to stimulate awareness and enthusiasm in Cell Biology. Besides its academic aspirations, 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.



February 18, 2026

To: **ALL SCHOOLS DIVISION SUPERINTENDENTS**

In view of this aforementioned activity, this Office reiterates that the participation of public and private schools is voluntary and shall be subjected to the non-disruption-of-class policy as stipulated in DepEd Order No. 9, s. 2005 entitled Instituting Measures to Increase Extended Time-on-Task and Ensuring Compliance Therewith.



**BENJAMIN D. PARAGAS PhD, CESO III**  
Director IV / Regional Director



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UNIVERSITY OF THE PHILIPPINES LOS BAÑOS, LAGUNA, 4031 PHILIPPINES

## 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>	<i>"We don't just exist. We excel."</i>
<b>Current President:</b>	Dominic B. Tan
<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>Email Address:</b>	theupcells@gmail.com
<b>Online Portals:</b>	facebook.com/upcells/ x.com/upcells/ instagram.com/theupcells/



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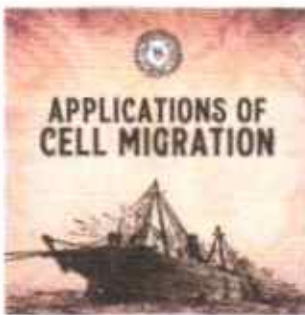
UNIVERSITY OF THE PHILIPPINES LOS BAÑOS, LAGUNA, 4031 PHILIPPINES

## 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. Audiences can immerse themselves in the tangible experience of exploring scientific breakthroughs amidst a physical setting, engaging with the latest developments in Cell and Molecular Biology through interactive displays and presentations.



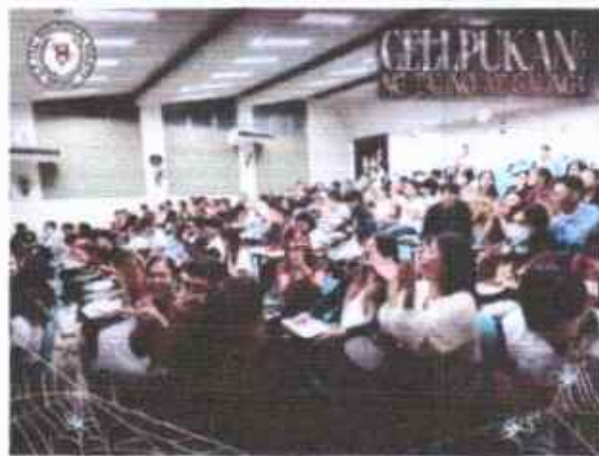
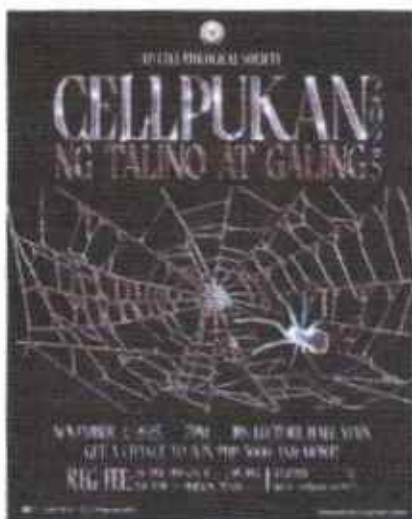
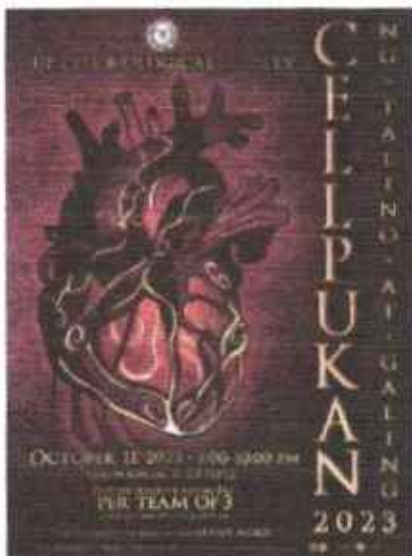


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## CELLpukan ng Talino at Galing

The annual "CELLpukan ng Talino at Galing" is a comprehensive biology quiz contest open to all UPLB undergraduates. Seven disciplines of biology namely microbiology, plant biology, ecology, genetics, animal biology, and cell and molecular biology, are incorporated in the quiz contest to hone a more holistic understanding and appreciation of the biological sciences. "CELLpukan ng Talino at Galing" shall never cease to uncover the inherent beauty of biology especially to the youth.



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[/upcells](#) [/theupcells](#)  
[theupcells@gmail.com](mailto:theupcells@gmail.com)



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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.







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## MONTHLY TRIVIAS

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 the SU Building last November 2024. Enrolled students had the opportunity to attend the tutorial as preparation for their upcoming exams.



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## 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 elementary students situated in Brgy. Bayog, Los Baños, Laguna.



### Medical and Surgical Mission

A collaborative effort between the organization and its former affiliates, in partnership with the medical community including the UPM PGH Department of Family and Community Medicine, 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.



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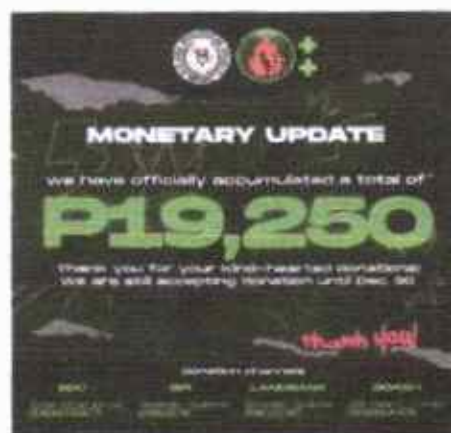
## Donation Drives

"Pamaskong Handogis a donation drive that offer support to different sectors. This aims to provide assistance that they can use in their daily work. Every donation is important for their safety and comfort. This is an avenue to show gratitude for their tireless service, especially this Christmas season.



## 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.



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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, an 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.



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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! Over the past three years, SIHAY.plugged consistently concluded with flying colors despite being held virtually. As it embarks on its 28th year, SIHAY once again launches with the theme "OsCELLations: Echoing the Sonic Revolution of Bioacoustics". SIHAY aims to tackle Bioacoustics, a growing subfield within mechanotransduction that focuses on how sound waves can influence cellular functions and be harnessed as tools for biological research and medical applications.

SIHAY will constantly aim to inculcate among its participants the biological and holistic excellence (exemplified by competitions such as poster-making, amazing race, 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.





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## SIHAY NATIONAL BIOLOGY OLYMPIAD PROFILE

1. This 28th year, SIHAY NBO is now taking on a new dimension as an on-ground event with the theme "OsCELLations: Echoing the Sonic Revolution of Bioacoustics" SIHAY aims to tackle Bioacoustics, a growing subfield within mechanotransduction, in enhancing youth awareness of Cell Biology through immersive experiences. SIHAY will constantly aim to inculcate among its participants the biological and holistic excellence (exemplified by competitions such as poster-making, amazing race, 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 2026, kindly contact our Educational Committee Head at the following contact number and/or the official SIHAY contact details:

Ms. Christine Joy S. Liwanag (09508410270)

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

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

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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 advancements in Cell and Molecular Biology. This year specifically, the organization attempts to broaden its horizons by looking through prominent researches and studies centered on Bioacoustics.

- **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"
- **2024:** "RADIANT REVELATION: Beaming into Biotechnology through Biophotonics"
- **2025:** "BLAZING NEW TRAILS: Igniting Cellular Discoveries Through Thermal Biophysics."
- **2026:** "OsCELLations: Echoing the Sonic Revolution of Bioacoustics"

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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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-techniques** – 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. **On-the-Spot Poster Making** – allows students to channel creativity and artistry in the biological thought. The contest is directed to integrate biology with tangible materials 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.
7. **Amazing Race** - allows participants to navigate through a series of hands-on challenges, showcasing their scientific acumen, problem-solving skills, and teamwork. This dynamic race aims to assess their ability to apply biological concepts in real-world scenarios, fostering a deeper understanding and passion for the life sciences.

### Target Participants

For SIHAY 2026, 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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## SCHEDULE OF ACTIVITIES

Date	Event and Activity
March 7, 2026	Registration Opening Program Exhibit Tour Science Feature Writing Contest Poster Making Contest Impromptu Speaking Contest Amazing Race
March 8, 2026	Registration Junior Life Science Research Olympiad Biosymposia Biotechniques for Students Biology Quiz Olympiad Awarding and Closing Ceremonies



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## SIHAY NBO Details

<b>Contact Numbers</b>	<b>SIHAY NBO Heads</b> Daniella Zarsadias (09173001721) Matthew Gil De Jesus (09954492905) Kristian Arganosa (0912 858 5077) Ram Cruz (09950015215) Vivienne Serdeña (0961 816 3828) Lois Jane Biangco (0956 614 1698) Aaron John Brazil (09454320147) Ryan Christian Abayan (09391866582) Mary Fran Zelene Balontong (09922028982) Gloria Mariel Burac (09171394424) Catherine Jade Banzuela (0997 247 9374) Paula Elumba (0933 813 5250) Mikaela Ching (0969 053 1166) James Ivan Dela Cruz (0946 901 6010) Charlene Tor (09171571044) Abby Banhaon (09171090824) Jasmine Mucho (0992 640 7410) Samantha Arnesto (09983472796) LC Gonzaga (0991 785 9020) Princess Cobar (09761494210) Isabel Buena (09457034817) Jabez Banzon (09938685422) Hya Andes (0945 144 7246) Andrei Tiongson (09331057251) Crystal Macayan (09472444061) Sarah Dulce (0969 200 8699) Skye Gatdula (0969 592 3923) Jazelrem Dungaran (09566703219) Ivy Ortiguerra (0921 798 5998) Lance Lanceras (09271741412)
<b>SIHAY Email</b>	sihaynbo@gmail.com
<b>SIHAY Online Portals</b>	facebook.com/SIHAYNBO/ x.com/sihaynbo/

**sihay**  
Society of Integrative Health and Youth



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