



प.सं. २०८१/०८२

च.नं. २४४२

बेलका नगरपालिका नगर कार्यपालिकाको कार्यालय रामपुर, उदयपुर



कोशी प्रदेश, नेपाल

मिति: २०८२।०३।०३

विषय: लागत अनुमान तयारीको लागि दररेट पेश गर्ने सम्बन्धमा।

श्री सम्पूर्ण सरोकारवाला व्यवसायीहरु।

यस बेलका नगरपालिकाको चालु आ.व. २०८१।८२ को स्वीकृत वार्षिक नगरस्तरीय कार्यक्रम अन्तर्गत खुल्ला व्यायमशाला निर्माण गर्नुपर्ने भएकोले संलग्न स्पेशिफिकेशन बमोजिमका तपशिलका खुल्ला व्यायम सामग्रीको लागत अनुमान तयार गर्ने प्रयोजनका लागि दररेट उपलब्ध गराइदिनुहुन यो सूचना प्रकाशन गरिएको छ।

तपसिल:

क्र.सं.	सामग्रीको विवरण	इकाई	परिमाण	दररेट(मू.अ. कर बाहेक)	कैफियत
१	Leg Press	Sets	1		
२	Arm and Shoulder Wheel	Sets	1		
३	Standing And Seating Twister Trainer	Sets	1		
४	Air Swing	Sets	1		
५	Cycle	Sets	1		
६	Cross Trainer/Elliptical Exercise	Sets	1		
७	Bridge Ladder	Sets	1		
८	Sit Up Station Double	Sets	1		
९	Treadmil	Sets	1		
१०	Push and Pull Up Chair	Sets	1		

(Signature)

रवि किरण आचार्य

प्रमुख प्रशासकीय अधिकृत
रवि किरण आचार्य
निमित्त प्रमुख प्रशासकीय अधिकृत



बेलका नगरपालिका नगर कार्यपालिकाको कार्यालय

रामपुर, उदयपुर

२०७३
नगर कार्यपालिकाको कार्यालय
रामपुर, उदयपुर
कोशी प्रदेश, नेपाल
२०७३

पत्र संख्या:
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कोशी प्रदेश, नेपाल

S.N.	Particulars	Specification	Dimension	Remarks
1	Leg Press	<p>Material: Pre Galvanized Mild Steel</p> <p>Main Central pipe: 100mm NB (114.3 mm OD) Pipe 150 mm NB (168.3 mm OD) Pipe</p> <p>Swinging paddle pipe: 40 80mm (OD),</p> <p>Handle Pipes: 30-60 MM (OD) Thickness of pipes: Not Less Than 3 mm.</p> <p>Seat: Galvanized MS deep draw quantity of 2mm thickness with no joints with uniform outer edge radius of 2mm or Plastic Alloy/HDPE seat with more than 5mm thickness with effectively connected on MS frame</p> <p>Footrest: 30-50 mm MS pipe or Plastic Alloy/Nylon footrest with more than 5mm thickness. Reinforced foot pedals for extended 7 life.</p> <p>Bearings: 62012 RS1 and 62052RS1, Permanent lubricated sealed bearing of reputed brand for maintenance free usage, High Tensile SS with galvanized nut and bolts, circlips, pins (25mm in dia solid bar) for assembly All open ends of pipe either sealed in or closed by MS / Injection moulded Plastic LLDPE/HDPE cap for user safety,</p> <p>Paint: Smooth finished surface with primer coating of not less than 40 micron followed by epoxy based all weather protection double layer powder coated paint of 60-70 micron.</p> <p>Base plate for fixing: 330 mm Dia and not less than 10 mm in thickness</p>	<p>2110 MM (Length)</p> <p>710 MM (Width)</p> <p>1670 MM (Height)</p>	
2	Arm and Shoulder Wheel	<p>Material: Pre Galvanized Mild Steel</p> <p>Main Central pipe: 100 mm NB (114.3 mm OD) Pipe-150 mm NB (168.3mm OD) Pipe</p> <p>Both side arm support: 30-40mm (OD)/25 mm NB pipe</p> <p>Rotating wheels: 365-430 mm dia, Thickness of pipes: Not Less Than 3 mm.</p> <p>Bearings: 62012 RS1 and 62052RS1, Permanent lubricated sealed bearing of reputed brand for maintenance free usage, High Tensile SS with galvanized nut and bolts, circlips for assembly All open ends of</p>	<p>700 MM (Length)</p> <p>1000 MM (Width)</p> <p>1280 MM (Height)</p>	



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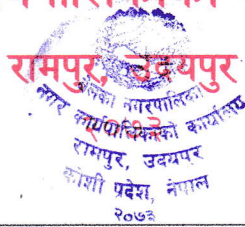
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		<p>pipe either sealed in or closed by MS /Injection moulded Plastic LLDPE/HDPE cap for user safety,</p> <p>Paint: Smooth finished surface with primer coating of not less than 40 micron followed by epoxy based all weather protection double layer powder coated paint of 60-70 micron.</p> <p>Base plate for fixing: 330 mm Dia and not less than 10 mm in thickness</p>		
3	Standing and Seating Twister Trainer	<p>Material: Pre Galvanized Mild Steel</p> <p>Main Central pipe: 100 mm NB (114.3 mm OD) Pipe 150 mm NB (168.3mm OD) Pipe</p> <p>Chair Pipe: 60-80 mm (OD) and base plate of 250 mm diameter and 10 mm thickness</p> <p>Standing Platform Pipe: 60-80 mm (OD) and base plate of 250 mm diameter and 10 mm thickness</p> <p>Handle Frame of Seated and Standing Twister: 30- 60 mm (OD)</p> <p>Thickness of pipes: Not Less Than 3 mm.</p> <p>Twister Plate for seat: Fitted above the supporting frame, 300-400 mm Dia and 10 mm thick MS Round Plate Twister Plate for standing platform: Fitted above the supporting frame, 250-320 mm Dia and 10 mm thick MS Round Plate</p> <p>Bearings: 62012 RS1 and 62052RS1, Permanent lubricated sealed bearing of reputed brand for maintenance free usage, High Tensile SS with galvanized nut and bolts, circlips for assembly All open ends of pipe either sealed in or closed by MS / Injection moulded Plastic LLDPE/HDPE cap for user safety, Paint: Smooth finished surface with primer coating of not less than 40 micron followed by epoxy based all weather protection double layer powder coated paint of 60-70 micron.</p> <p>Base plate for fixing: 330 mm Dia and not less than 10 mm in thickness</p>		
4	Air Swing	<p>Material: Pre Galvanized Mild Steel</p> <p>Main Central pipe: 100 mm NB (114.3 mm OD) Pipe-150 mm NB (168.3 mm OD) Pipe</p> <p>Swinging Paddle Pipe: 60- 80 mm (OD)</p>		

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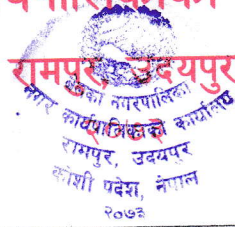
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		<p>Swinging Support Platform: 100-150mm (OD) and 10 mm thick MS</p> <p>Thickness of pipes: Not Less Than 3 mm.</p> <p>Footrest: Top Quality LLDPE/ HDPE for footrest 3-5mm thickness, Reinforced foot pedals for extended life</p> <p>Handle Frame of Swinging Platform: 30-60 mm (OD) Bearings: 62012 RSI and 62052RS1, Permanent lubricated sealed bearing of reputed brand for maintenance free usage, High Tensile SS with galvanized nut and bolts, circlips for assembly All open ends of pipe either sealed in or closed by MS/Injection moulded Plastic LLDPE /HDPE cap for user safety,</p> <p>Paint: Smooth finished surface with primer coating of not less than 40 micron followed by epoxy based all weather protection double layer powder coated paint of 60-70 micron. Base plate for fixing: 330 mm Dia and not less than 10 mm in thickness</p>		
5	Cycle	<p>Material: Pre Galvanized Mild Steel</p> <p>Main Central pipe: 80 mm NB (88.9 mm OD) Pipe-100 mm NB (114.3 mm OD) Pipe</p> <p>Handle frame: 30-60mm</p> <p>Thickness of pipes: Not Less Than 3 mm.</p> <p>Revolving paddles & Wheels: heavy duty M.S. plate PVC cover Handle with dia 30-60 mm (OD)</p> <p>Seat: 130 mm long x 300 mm wide x 3mm thick and deep drawn and pressed in tools uniform curve edge of 20mm radius with no sharp edge or HDPE seat with 3-5 mm thickness effecitevely connected on frame.</p> <p>Bearings: 62012 RSI and 62052RS1, Permanent lubricated sealed bearing of reputed brand for maintenance free usage, High Tensile SS with galvanized nut and bolts, circlips for assembly All open ends of pipe either sealed in or closed by MS /Injection moulded Plastic LLDPE/HDPE cap for user safety, Paint: Smooth finished surface with primer coating of not less than 40 micron followed by epoxy based all weather protection double layer powder coated paint of 60-70 micron. Base plate for fixing: 330 mm Dia and not less than 10 mm in thickness</p>	1050 MM (Length) 560 MM (Width) 1470 MM (Height)	



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6	Cross Trainer/Elliptical Exercise	Material: Pre Galvanized Mild Steel Main Central pipe: 100 mm NB (114.3 mm OD) Pipe-150 mm NB (168.3 mm OD) Pipe Supporting Frame: 60-80 mm (OD) and base plate of 250 mm diameter and 10 mm thickness Footrest Supporting Frame: 70-100 mm Swing Arm Pipe: 30-60 mm (OD) Dia, PVC Cover Handle with dia 30-60mm, Thickness of pipes: Not Less Than 3 mm. Footrest: Top Quality LLDPE/ HDPE for footrest 3-5mm thickness. Reinforced foot pedals for extended life Bearings: 62012 RSI and 62052RS1, Permanent lubricated sealed bearing of reputed brand for maintenance free usage, High Tensile SS with galvanized nut and bolts, circlips for assembly All open ends of pipe either sealed in or closed by MS Injection moulded Plastic LLDPE/HDPE cap for user safety, Paint: Smooth finished surface with primer coating of not less than 40 micron followed by epoxy based all weather protection double layer powder coated paint of 60-70 micron. Base plate for fixing: 330 mm Dia and not less than 10 mm in thickness	1265 MM (Length) 550 MM (Width) 1780 MM (Height)	
7	Bridge Ladder	Material: Pre Galvanized Mild Steel Main Central pipe: 100 mm NB (114.3 mm OD) Pipe-150 mm NB (168.3 mm OD) Pipe Sideways Parallel Support Pipe: 60-80 mm (OD) Thickness of pipes: Not Less Than 3 min. Parallel Handle Pipes: 30- 60 mm (OD) High Tensile SS with galvanized nut and bolts circlips for assembly All open ends of pipe either sealed in or closed by MS/ Injection moulded Plastic LLDPE/HDPE cap for user safety, Paint: Smooth finished surface with primer coating of not less than 40 micron followed by epoxy based all weather protection double layer powder coated paint of 60-70 micron. Base plate for fixing: 250 mm Square Base		



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रामपुर, उदयपुर
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कोशी प्रदेश, नेपाल
२०७३

पत्र संख्या:

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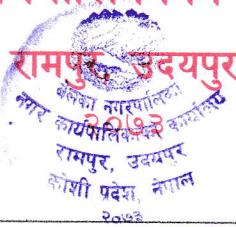
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		and not less than 10 mm in thickness		
8	Sit UP Station Double	Material: Pre Galvanized Mild Steel Main Central pipe: 100 mm NB (114.3 mm OD) Pipe-150 mm NB (168.3 mm OD) Pipe Main Frame Pipe: 60-80 mm (OD) Support Frame Pipe: 40- 60 mm (OD) Sit-up Board Frame Pipe: 30-40 mm (OD) Thickness of pipes: Not Less Than 3 mm. High Tensile SS with galvanized nut and bolts, circlips for assembly Paint: Smooth finished surface with primer coating of not less than 40 micron followed by epoxy based all weather protection double layer powder coated paint of 60-70 micron. Base plate for fixing: 330 mm Dia and not less than 10 mm in thickness	1595 MM (Length) 640 MM (Width) 1450 MM (Height)	
9	Treadmil	Material: Pre Galvanized Mild Steel Main Central pipe: 100 mm NB (114.3 mm OD) Pipe-150 mm NB (168.3 mm OD) Pipe Support Frame Pipe: 70 -100 mm (OD) Handle Arm Pipe: 30-60 mm (OD) Base Platform: 70-100 mm Square Pipe or Plate Thickness of pipes: Not Less Than 3 mm. Bearings: 62012 RS1 and 62052RS1, Permanent lubricated sealed bearing of reputed brand for maintenance free usage, High Tensile SS with galvanized nut and bolts, circlips for assembly All open ends of pipe either sealed in or closed by MS / Injection moulded Plastic LLDPE/HDPE cap for user safety, Paint: Smooth finished surface with primer coating of not less than 40 micron followed by epoxy based all weather protection double layer powder coated paint of 60-70 micron. Base plate for fixing: 330 mm Dia and not less than 10 mm in thickness	1210 MM (Length) 750 MM (Width) 1400 MM (Height)	
10	Push and Pull Up Chair	Material: Pre Galvanized Mild Steel Main Central pipe: 100 mm NB (114.3 mm OD) Pipe-150 mm NB (168.3 mm OD) Pipe Support Frame Pipe: 70-100 mm (OD) Swing Arm Pipe: 30-60 mm (OD) Thickness of pipes: Not Less Than 3 mm.	2100 MM (Length) 710 MM (Width) 1870 MM (Height)	

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	<p>Seats and Back Rest: 330mm x 300 mm x 3mm thick, Made of MS</p> <p>Bearings: 62012 RS1 and 62052RS1, Permanent lubricated sealed bearing of reputed brand for maintenance free usage, High Tensile SS with galvanized nut and bolts, circlips for assembly All open ends of pipe either sealed in or closed by MS / Injection moulded Plastic LLDPE / HDPE cap for user safety, Rear Deltoids in the pulling motion.</p> <p>Paint: Smooth finished surface with primer coating of not less than 40 micron followed by epoxy based all weather protection double layer powder coated paint of 60-70 micron.</p> <p>Base plate for fixing: 330 mm Dia and not less than 10 mm in thickness</p>		
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