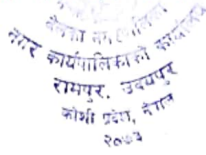




प.सं. २०८२/०८३

च.नं. २८४६

# बेलका नगरपालिका नगर कार्यपालिकाको कार्यालय



रामपुर, उदयपुर  
कोशी प्रदेश, नेपाल

मिति: २०८३/०२/२७

विषय: खुल्ला व्यायमशाला सामग्री आपूर्तिको लागि लागत अनुमान तयार गर्ने प्रयोजनका लागि दररेट उपलब्ध गराइदिने सम्बन्धमा।

श्री सम्पूर्ण सरोकारवाला व्यवसायीहरू।

बेलका नगरपालिकाको चालु आ.व. २०८२/८३ को स्वीकृत वार्षिक नगरस्तरीय कार्यक्रम अन्तर्गत खुल्ला व्यायमशालाको सामग्रीहरू आपूर्ति गर्नुपर्ने भएकोले यसै सूचना साथ संलग्न स्पेशिफिकेशन बमोजिमका तपशिलका खुल्ला व्यायमशाला सामग्री खरिद गर्ने प्रयोजनका लागि लागत अनुमान तयारीका लागि तीन दिनभित्र दररेट उपलब्ध गराइदिनुहुन यो सूचना प्रकाशन गरिएको छ। प्रस्ताव पेश गर्दा देहायका कागजातहरू पेश गर्नुपर्ने छ।

तपसिल:

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

संलग्न गर्नुपर्ने कागजातहरू:

- १ फर्म/कम्पनी दर्ता प्रमाणपत्रको प्रतिलिपी
- २ मू.अ. कर दर्ता प्रमाणपत्रको प्रतिलिपी
- ३ आ.व. २०८१/८२ को कर चुक्ता प्रमाणपत्रको प्रतिलिपी
- ४ सामग्रीको विवरण सहितको दररेट

रविकिरण आचार्य

प्रमुख प्रशासकीय अधिकृत

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प.सं. २०८२/०८३

च.नं.

रामपुर, उदयपुर

कोशी प्रदेश, नेपाल

क्र.सं.	सामग्रीको विवरण	स्फेसिफिकेसन	Dimension	के
1.	Leg Press	<p><b>Material:</b> Pre Galvanized Mild Steel <b>Main Central pipe:</b> 100 mm NB (114.3 mm OD) Pipe 150 mm NB (168.3 mm OD) Pipe <b>Swinging paddle pipe:</b> 40 80mm (OD), <b>Handle Pipes:</b> 30-60 MM (OD) Thickness of pipes: Not Less Than 3 mm. <b>Seat:</b> 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 <b>Footrest:</b> 30-50 mm. MS pipe or Plastic Alloy Nylon footrest with more than 5mm thickness. Reinforced foot pedals for extended 7 life.</p> <p><b>Bearings:</b> 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><b>Paint:</b> 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><b>Base plate for fixing:</b> 330 mm Dia and not less than 10 mm in thickness</p>	2110MM(Length) 710 MM(Width) 1670MM(Height)	
2.	Arm and Shoulder Wheel	<p><b>Material:</b> Pre Galvanized Mild Steel <b>Main Central pipe:</b> 100 mm NB (114.3 mm OD) Pipe-150 mm NB (168.3mm OD) Pipe <b>Both side arm support:</b> 30-40mm (OD)/25 mm NB pipe <b>Rotating wheels:</b> 365-430 mm dia, <b>Thickness of pipes:</b> Not Less Than 3 mm.</p> <p><b>Bearings:</b> 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,</p> <p><b>Paint:</b> 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><b>Base plate for fixing:</b> 330 mm Dia and not less than 10 mm in thickness</p>	700MM(Length) 1000 MM(Width) 1280MM(Height)	
3.	Standing and Seating Twister Trainer	<p><b>Material:</b>Pre Galvanized Mild Steel <b>Main Central Pipe:</b>100 mm NB (114.3 mm OD) <b>Pipe:</b>150 mm NB (168.3mm OD)Pipe <b>Chair Pipe:</b>60-80 mm (OD)and base plate of 250 mm diameter and 10 mm thickness <b>Standing Platform Pipe:</b> 60-80 mm (OD)and base plate of 250</p>		

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# बेलका नगरपालिका नगर कार्यपालिकाको कार्यालय

प.सं. २०८२/०८३

च.नं.

रामपुर, उदयपुर  
कोशी प्रदेश, नेपाल

क्र.सं.	सामग्रीको विवरण	स्फेसिफिकेसन	Dimension	के
		<p>mm diameter and 10 mm thickness <b>Handle Frame of Seated and Standing Twister:</b>30-60 mm(OD) <b>Thickness of pipes:</b> Not Less Than 3 mm. <b>Twister Plate for Seat:</b>Fitted above the supporting frame,300-400 mm dia and 10 mm thick MS round plate twister plate for standing <b>platform:</b>fitted above the supporting frame,250-320mm dia and 10 mm thick MS Round Plate <b>Bearings:</b> 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, <b>Paint:</b> 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. <b>Base plate for fixing:</b> 330 mm Dia and not less than 10 mm in thickness</p>		
4.	<b>Air Swing</b>	<p><b>Material:</b> Pre Galvanized Mild Steel <b>Main Central pipe:</b> 100 mm NB (114.3 mm OD) Pipe 150 mm NB (168.3mm OD) Pipe <b>Swinging Paddle Pipe:</b> 60-80 mm (OD) swinging Support <b>Platform:</b>100-150 mm(OD) and 10 mm thick MS <b>Thickness of pipes:</b> Not Less Than 3 mm. <b>Footrest:</b>Top Quality LLDPE/HDPE for footrest 3-5mm thickness.Reinforced foot pedals for extended life <b>Handle Frame of Swinging Platform:</b>30-60 mm (OD)<b>Bearing:</b>62012RS1 and 62052RS1,Permanent lubricant sealed bearing of reputed brand for maintenance 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, <b>Paint:</b>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. <b>Base Plate for Fixing:</b>330mm dia and not less than 10 mm in thickness</p>		
5.	<b>Cycle</b>	<p><b>Material:</b> Pre Galvanized Mild Steel <b>Main Central pipe:</b> 80 mm NB (88.9 mm OD) Pipe-100 mm NB (114.3 mm OD) Pipe <b>Handle frame:</b> 30-60mm <b>Thickness of pipes:</b> Not Less Than 3 mm. <b>Revolving paddles &amp; Wheels:</b> heavy duty M.Splate PVC cover Handle with dia 30-60 mm (OD)</p>	1050MM(Length) 560 MM(Width) 1470MM(Height)	

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# बेलका नगरपालिका नगर कार्यपालिकाको कार्यालय

प.सं. २०८२/०८३

च.नं.

रामपुर, उदयपुर

कोशी प्रदेश, नेपाल

क्र.सं.	सामग्रीको विवरण	स्फेसिफिकेसन	Dimension	कै
		<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><b>Bearings:</b> 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, <b>Paint:</b> 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. <b>Base plate for fixing:</b> 330 mm Dia and not less than 10 mm in thickness</p>		
6.	<b>Cross Trainer/Elliptical Exercise</b>	<p><b>Material: Pre Galvanized Mild Steel</b></p> <p><b>Main Central pipe:</b> 100 mun NB (114.3 min OD)</p> <p><b>Pipe-150 mm NB (168.3 mm OD) Pipe</b></p> <p><b>Supporting Frame:</b> 60-80 mm (OD) and base plate of 250 mm diameter and 10 mm thickness</p> <p><b>Footrest Supporting Frame:</b> 70-100 mm <b>Swing Arm Pipe:</b> 30-60 mm (OD) Dia, PVC Cover Handle with dia 30-60mm,</p> <p><b>Thickness of pipes:</b> Not Less Than 3 mm.</p> <p><b>Footrest:</b> Top Quality LLDPE/ HDPE for footrest 3-5mm thickness. Reinforced foot pedals for extended life</p> <p><b>Bearings:</b> 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, <b>Paint:</b> 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</p> <p>micron.</p> <p><b>Base plate for fixing:</b> 330 mm Dia and not less than 10 mm in thickness</p>	1265MM(Length) 550 MM(Width) 1780MM(Height)	
7.	<b>Bridge Ladder</b>	<p><b>Material: Pre Galvanized Mild Steel</b></p> <p><b>Main Central pipe:</b> 100 mun NB (114.3 mm OD)</p> <p>Pipe-150 mm NB (168.3 mm OD) Pipe</p> <p><b>Sideways Parallel Support Pipe:</b> 60-80 mm (OD)</p> <p><b>Thickness of pipes:</b> Not Less Than 3 min.</p> <p><b>Parallel Handle Pipes:</b> 30 60 mm (OD) High</p> <p>Tensile SS with galvanized nut and bolts circlips for assemblyAll open ends of pipe either sealed in or closed by MS/ Injection moulded Plastic LLDPE/HDPE cap for user safety,</p>		

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# बेलका नगरपालिका नगर कार्यपालिकाको कार्यालय

प.सं. २०८२/०८३  
च.नं.

रामपुर, उदयपुर  
कोशी प्रदेश, नेपाल

क्र.सं.	सामग्रीको विवरण	स्फेसिफिकेसन	Dimension	के
8.	<b>Sit UP Station Double</b>	<p><b>Paint:</b> 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 and not less than 10 mm in thickness</p> <p><b>Material:</b> Pre Galvanized Mild Steel</p> <p><b>Main Central pipe:</b> 100 mm NB (114.3 mm OD)</p> <p>Pipe-150 mm NB (168.3 mm OD) Pipe</p> <p><b>Main Frame Pipe:</b> 60-80 mm (OD)</p> <p><b>Support Frame Pipe:</b> 40 60 mm (OD)</p> <p><b>Sit-up Board Frame Pipe:</b> 30-40 mm (OD)</p> <p><b>Thickness of pipes:</b> Not Less Than 3 mm. High Tensile SS with galvanized nut and bolts, circlips for assembly</p> <p><b>Paint:</b> 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. <b>Base plate for fixing:</b> 330 mm Dia and not less than 10 mm in thickness</p>	1595MM(Length) 640 MM(Width) 1450MM(Height)	
9.	<b>Treadmil</b>	<p><b>Material:</b> Pre Galvanized Mild Steel</p> <p><b>Main Central pipe:</b> 100 mm NB (114.3 mm OD)</p> <p>Pipe-150 mm NB (168.3 mm OD) Pipe</p> <p><b>Support Frame Pipe:</b> 70 100 mm (OD)</p> <p><b>Handle Arm Pipe:</b> 30-60 mm (OD)</p> <p><b>Base Platform:</b> 70-100 mm Square Pipe or Plate <b>Thickness of pipes:</b> Not Less Than 3 mm.</p> <p><b>Bearings:</b> 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,</p> <p><b>Paint:</b> 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><b>Base plate for fixing:</b> 330 mm Dia and not less than 10 mm in thickness</p>	1210MM(Length) 750 MM(Width) 1400MM(Height)	
10.	<b>Push and Pull Up Chair</b>	<p><b>Material:</b> Pre Galvanized Mild Steel</p> <p><b>Main Central pipe:</b> 100 mm NB (114.3 mm OD)</p> <p>Pipe-150 mm NB (168.3 mm OD) Pipe</p> <p><b>Support Frame Pipe:</b> 70 100 mm (OD)</p> <p><b>Swing Arm Pipe:</b> 30-60 mm (OD) <b>Thickness of pipes:</b> Not Less Than 3 mm.</p> <p><b>Seats and Back Rest:</b> 330mm x 300 mm x 3mm thick, Made of MS</p>	2100MM(Length) 710 MM(Width) 1870MM(Height)	

Unbox

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प.सं. २०८२/०८३

च.नं.

रामपुर, उदयपुर

कोशी प्रदेश, नेपाल

क्र.सं.	सामग्रीको विवरण	स्फेसिफिकेसन	Dimension	कै
		<p>Than 3 mm. <b>Seats and Back Rest:</b> 330mm x 300 mm x 3mm thick, Made of MS <b>Bearings:</b> 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><b>Paint:</b> 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. <b>Base plate for fixing:</b> 330 mm Dia and not less than 10 mm in thickness</p>		

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