



सप्तकोशी नगरपालिका नगर कार्यपालिकाको कार्यालय

०३१-५५००१९

तुलसी चौक, सप्तरी
मधेश प्रदेश, नेपाल

पत्र संख्या: २०८१।८२ (योजना शाखा)

चलानी नं.:

मिति: २०८२।०१।१६

विषय: लागत अनुमान तयारीको लागि दररेट पेश गर्ने सम्बन्धमा।

श्री सम्पूर्ण सरोकारवाला व्यवसायीहरु।

यस सप्तकोशी नगरपालिकाको चालु आ.व.२०८१।०८२ को स्वीकृत वार्षिक नगरस्तरीय कार्यक्रम अन्तर्गत वडा नं ८ मा पार्क सहित खुल्ला व्यायमशाला निर्माण गर्नुपर्ने भएकोले संलग्न स्पेशिफिकेशन बमोजिमका तपसिलका खुल्ला व्यायम सामग्रीको लागत अनुमान तयार गर्ने प्रयोजनका लागि दररेट उपलब्ध गराइदिनु हुन यो सूचना प्रकाशन गरिएको छ।

तपसिल:

क्र.स.	सामग्रीको विवरण	इकाई	परिमाण	दररेट(भ्याट 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		

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योजना शाखा प्रमुख

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"स्वच्छ, सफा, हरियाली, स्मार्ट सहर: सर्वाङ्गीण विकासको पूर्वाधार, सप्तकोशी नगरपालिकाको समृद्धिको आधार"



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क्र.स.	सामग्रीको विवरण	स्पेशिफिकेशन	Dimension	कैफियत
1	Leg Press	<p>Material: Pre Galvanized Mild Steel</p> <p>Main Central pipe: 100 mm NB (114.3 mm OD)</p> <p>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>	2110MM(Length) 710 MM (Width) 1670MM(Height)	
2	Arm and Shoulder Wheel	<p>Material: Pre Galvanized Mild Steel</p> <p>Main Central pipe: 100 mm NB (114.3 mm OD)</p> <p>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,</p> <p>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 pipe either sealed in or closed by MS</p>	700MM(Length) 1000 MM (Width) 1280MM(Height)	

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		<p>/ 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>		
3	Standing And Seating Twister Trainer	<p>Material: Pre Galvanized Mild Steel Main Central pipe: 100 mm NB (114.3 mm OD) Pipe - 150 mm NB (168.3mm OD) Pipe Chair Pipe: 60-80 mm (OD) and base plate of 250 mm diameter and 10 mm thickness Standing Platform Pipe : 60-80 mm (OD) and base plate of 250 mm diameter and 10 mm thickness Handle Frame of Seated and Standing Twister: 30 60 mm (OD) Thickness of pipes: Not Less Than 3 mm. 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 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 assemblyAll 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>		
4	Air Swing	<p>Material: Pre Galvanized Mild Steel Main Central pipe: 100 mm NB (114.3 mm OD) Pipe - 150 mm NB (168.3 mm OD) Pipe Swinging Paddle Pipe: 60 80 mm (OD) Swinging Support Platform : 100-150mm (OD) and 10 mm thick MS</p>		

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		<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 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>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)</p> <p>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.Splate 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 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>1050MM(Length)</p> <p>560 MM (Width)</p> <p>1470MM(Height)</p>	

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		Base plate for fixing : 330 mm Dia and not less than 10 mm in thickness		
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 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	1265MM(Length) 550 MM (Width) 1780MM(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 mm. Parallel Handle Pipes: 30 60 mm (OD) High 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, 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.		

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		Base plate for fixing : 250 mm Square Base 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	1595MM(Length) 640 MM (Width) 1450MM(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	1210MM(Length) 750 MM (Width) 1400MM(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)	2100MM(Length) 710 MM (Width) 1870MM(Height)	

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	<p>Thickness of pipes: Not Less Than 3 mm.</p> <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 assemblyAll 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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(Signature)
२०८२/०१/१६

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ईन्जिनियर दैठाँ