



“कला, संस्कृतियुक्त, स्वच्छ, समुन्नत टोखा नगर”

टोखा नगरपालिका नगर कार्यपालिकाको कार्यालय



मैजुहिटी, काठमाडौं
बागमती प्रदेश, नेपाल

पत्र संख्या :- ०८०/८१

चलानी नं.:- ३९३९

मिति - २०८०/१०/२४

ने.स.- ११४४ पोहेलागा, १२ बुधवार

बिषय — लागत अनुमान तयारीको लागि दररेट पेश गर्ने सम्बन्धमा ।

श्री सम्पूर्ण सरोकारवाला ब्यावसायीहरु ।

यस नगरपालिकाको विभिन्न स्थानहरुमा खुल्ला ब्यायमशाला निर्माण गर्ने हेतुले ब्यायमका सामग्री तथा बालउद्यानका सामग्रीहरु खरिदको लागि लागत अनुमान तयार गर्नु पर्ने भएकोले संलग्न Procurement Item Details अनुसारको दररेट तपशिलका कागजातहरु सहित ७ दिन भित्र पेश गर्नु हुन अनुरोध छ ।

प्रस्ताव साथ संलग्न गर्नु पर्ने कागजातहरु:


१. सम्बन्धित फर्म/ कम्पनिको निवेदन
२. कम्पनि / फर्म दर्ता नविकरण प्रमाणपत्रको प्रतिलिपी
३. भ्याट दर्ता प्रमाणपत्र
४. आ.ब.२०७९/८० को करचुक्ता प्रमाणपत्र वा म्याद थप वा आय विवरण पेश गरेको निस्सा
५. कार्यालयबाट जारी संलग्न Procurement Item Details मा फर्मको छाप र आधिकारीक व्यक्तिको दस्तखत हुनुपर्ने ।

दररेट पेश गर्ने अन्तिम मिति, समय र स्थान

मिति:- २०८०/११/०१ गते

समय:- कार्यालय समय भित्र (वेलुका ५:०० वजे भित्र)

स्थान: टोखा नगरपालिकाको कार्यालय वा नगरपालिकाको आधिकारीक ईमेल Info@tokhamun.gov.np मा समेत पेश गर्न सकिनेछ ।


(अनिल प्रसाद जोशी)
वरिष्ठ अधिकृत सातौं

<p align="center">Procurement Item Details: Supply and Fixing The Open Gym Equipments as per Technical Specifications Including all (Supply Goods & Civil works) Complete works.</p>						
SL. No	Item Description	Unit of Measurement	Quantity	Unit price (in NRs)		Requirements
				In Figure	In Words	
1	Single Rowing Machine (for Outdoor use)	Sets	1.0			As per attached Specification
2	Pull Chair (for Outdoor use)	Sets	1.0			As per attached Specification
3	Leg Press (for Outdoor use)	Sets	1.0			As per attached Specification
4	Abdominal Fitness Combination (for Outdoor use)	Sets	1.0			As per attached Specification
5	Double Elleptical Machine (for Outdoor use)	Sets	1.0			As per attached Specification
6	Leg Press, Upright & Twister Combined (for Outdoor use)	Sets	1.0			As per attached Specification
7	AIR WALKER (for Outdoor use)	Sets	1.0			As per attached Specification
8	HORSE RIDER STATION (for Outdoor use)	Sets	1.0			As per attached Specification
9	CROSS TRAINER (for Outdoor use)	Sets	1.0			As per attached Specification
10	CYCLE (for Outdoor use)	Sets	1.0			As per attached Specification
11	BRIDGE LADDER (for Outdoor use)	Sets	1.0			As per attached Specification
12	AIR SWING (for Outdoor use)	Sets	1.0			As per attached Specification
13	ARM AND SHOULDER WHEEL (for Outdoor use)	Sets	1.0			As per attached Specification
14	TREADMILL (for Outdoor use)	Sets	1.0			As per attached Specification
15	PUSH PULL UP CHAIR (for Outdoor use)	Sets	1.0			As per attached Specification
16	Big play station (for Outdoor use)	Sets	1.0			As per attached Specification

Note:

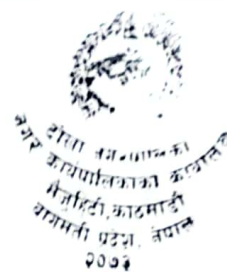
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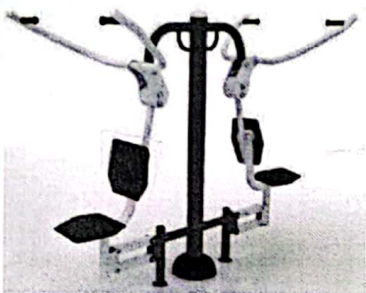
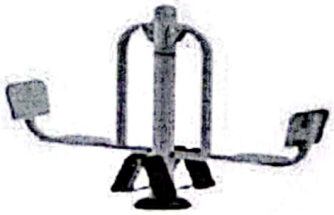
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Technical Specifications For The Open Gym Equipments(Including Supply and Fixing)


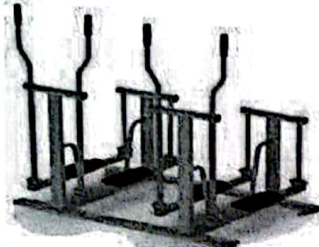
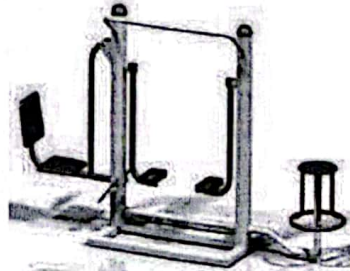


S.N.	Description of Goods	Requirements
1	Single Rowing Machine (for Outdoor use) 	Material: Galvanized steel tubes (processed with carbon-dioxide arc welding, static spraying paint, high temperature solidity), project plastic. Color: Green, Yellow, Red, Purple, Brown, Blue or Customized Function:: Enhance the muscle strength of upper limbs, shoulders, chest and the back. Size(mm): 1342*988*952(L*W*H) Volume: 0.5CBM Falling Height:400mm
2	Pull Chair (for Outdoor use) 	Dimension 2011*988*2013mm (L*W*H) Material: Galvanized steel tubes (processed with carbon - dioxide arc welding, static spraying paint, high temperature solidity), project plastic. Color: Green, Yellow, Red, Purple, Brown, Blue or Customized Exercise Part: Arms, back and the shoulder joints. Function: Strengthen the back and upper-limbs muscles and coordinating the development of different parts in the body. Instruction: To sit on the exerciser, hold the handles tightly by hands, pulling forward and restoring back slowly with repetitions of the movement. 2 people permitted. Install Method 1. Underground, if your place is ground or grass 2. Concrete, if you place is covered with concrete and the thickness is more than 10cm. Volume 1.5CBM
3	Leg Press (for Outdoor use) 	Dimension 500*1914*1553mm (L*W*H) Material Galvanized steel tubes (processed with carbon-dioxide arc welding, static spraying paint, high temperature solidity), project plastic. Color Green, Yellow, Red, Purple, Brown, Blue or Customized Exercise Part Legs, all the joints. Function: Train waist abdomen, joints and lower body. enhance their flexibility, leg power and the cardiopulmonary 1. Underground, if your place is ground or grass 2. Concrete, if you place is covered with concrete and the thickness is more than 10cm. Apply to Communities, residential park, uptown park, leisure place, activity center, garden, playground. Packing Cotton inside and pp film outside. Volume 0.5 CBM

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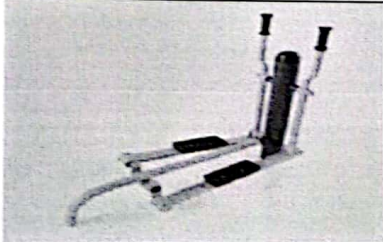
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4	<p>Abdominal Fitness Combination (for Outdoor use)</p> 	<p>Dimension: 1879*1236*653mm (L*W*H) Material Galvanized steel tubes (processed with carbon dioxide arc welding, static spraying paint, high temperature solidification) project plastic. Exercise Part Abdominal muscles and back Color: Green, Yellow, Red, Purple, Brown, Blue or Customized Function: To strengthen the muscles on the abdominal and back and improve elasticity; Instruction Place your legs in or on the cross bar, and to hook the cross bar below with legs with 2 hands cross behind head-doing sit-up movement on the machine 2 people are permitted at the same time Install Method 1 Underground, if your place is ground or grass 2 Concrete, if your place is covered with concrete and the thickness is more than 10cm Packing Cotton inside and pp film outside Volume 10CBM</p>
5	<p>Double Elliptical Machine</p> 	<p>Dimension: 1500*940*1585 mm (L*W*H) Material: Steel or galvanized steel tubes (processed with carbon dioxide arc welding, static spraying paint, high temperature solidification). Color: Green, Yellow, Red, Purple, Brown, Blue or Customized by You. Exercise Part : Arms. Function: Increase torso strength and flexibility Instruction Hold the horizon bar with two hands, and do up and down Player Age Kids and old adults Install Method 1. Underground, if your place is ground or grass 2. Concrete, if your place is covered with concrete and the thickness is more than 10cm. Apply to Communities, residential park, uptown park, leisure place, activity center, garden, playground. 8.50 x 11.00 in Volume 1.5 CBM Packing: Cotton in side and pp film outside.</p>
6	<p>Leg Press, Upright & Twister combined (for Outdoor use)</p> 	<p>Galvanized steel pipe. Color powder coated;</p>

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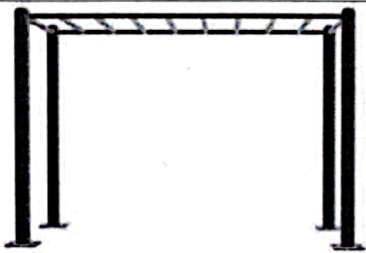


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7	Air Walker		<p>Specifications Material: Pre Galvanized Mild Steel, Thickness of pipes Not Less Than 3 mm. Main frame pipe 110-165 MM (as/design) ,Swinging paddle pipe 40-80mm,Handle Pipes 30-60 MM,Plastic Alloy /Nylon footrest with appropriate thickness.Reinforced foot pedals for extended life.Permanent lubricated sealed bearing of reputed brand for maintenance free usage,All open ends of pipe either sealed in or closed by GI/LLDPE cap for user safety.Paint: All Weather Double Layer Powder Coated Paint Thickness of Base plate for fixing : Not less than 8 mm</p>
8	Horse Rider		<p>Material:Pre Galvanized Mild Steel, Thickness of pipes Not Less Than 3 mm. Main frame pipe 110-165 MM (as/design) ,Handle frame and other frame 30-60mm (as/design) PVC cover Handle and with 30-60 mm Revolving paddles & Wheels heavy duty M.S plate PVC Handle and dia 33mm, Plastic Alloy / HDPE seat with appropriate thickness with effectively connected on frame Permanent lubricated sealed bearing of reputed brand for maintenance free usage Plastic Alloy /Nylon footrest with appropriate thickness. Reinforced footpedals for extended life. Nylon covers for covering the Nuts & Bolt All open ends of pipe either sealed in or closed by GI/LLDPE cap for user safety.Paint: All Weather Double Layer Powder Coated Paint Thickness of Base plate for fixing : Not less than 8 mm</p>
9	Cross Trainer		<p>Material:Pre Galvanized Mild Steel Thickness of pipes Not Less Than 3 mm. Main frame pipe 110-165 MM (as/design) ,Handle frame and other frame 30-60mm (as/design) PVC cover Handle and with 30-60 mm Revolving paddles & Wheels heavy duty M.S plat PVC Handle and dia 33mm Plastic Alloy / HDPE seat with appropriate thickness with effectively connected on frame Permanent lubricated sealed bearing of reputed brand for maintenance free usage Plastic Alloy /Nylon footrest with appropriate thickness.Reinforced foot pedals for extended life.Nylon covers for covering the Nuts & Bolt All open ends of pipe either sealed in or closed by GI/LLDPE cap for user safety.Paint: All Weather Double Layer Powder Coated Paint Thickness of Base plate for fixing : Not less than 8 mm</p>

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10	Cycle		Specifications ;Material:Pre Galvanized Mild Steel,Thickness of pipes Not Less Than 3 mm.Main frame pipe 110-165 MM (as/design) ,Handle frame and other frame 30-60mm (as/design)Revolving paddles & Wheels heavy duty M.S plate PVC cover Handle with dia 30-60 mm, Plastic Alloy / HDPE seat with appropriate thickness with effecitevely connected on frame Permanent lubricated sealed bearing of reputed brand for maintenance free usage Plastic Alloy /Nylon footrest with appropriate thickness.Reinforced foot pedals for extended life.Nylon covers for covering the Nuts & Bolt All open ends of pipe either sealed in or closed by GI/LLDPE cap for user safety.Paint: All Weather Double Layer Powder Coated Paint Thickness of Base plate for fixing : Not less than 8 mm
11	Bridge ladder		Material: Pre Galvanized Mild Steel, Thickness of pipes Not Less Than 3 mm. Main pipe 110-165 MM,Parallel handle Pipes 30-60 MM Paint: All Weather Double Layer Powder Coated Paint Thickness of Base plate for fixing : Not less than 8 mm
12	AIR SWING		Material:Pre Galvanized Mild Steel, Thickness of pipes Not Less Than 3 mm. Main frame pipe 110-165 MM (as/design) , Swinging paddle pipe 40-80mm,Handle Pipes 30-60 MM,Plastic Alloy /Nylon footrest with appropriate thickness. Reinforced foot pedals for extended life.Permanent lubricated sealed bearingof reputed brand for maintenance free usage,All open ends of pipe either sealed in or closed by GI/LLDPE cap for user safety.Paint: All Weather Double Layer Powder Coated Paint Thickness of Base plate for fixing : Not less than 8 mm
13	ARM AND SHOULDE RWHEEL		Material: Pre Galvanized Mild Steel, Thickness of pipes Not Less Than 3 mm.Main frame Pipe Dia 100 -150 MM (as/design)Handle frame 25-50mm (as/design)Permanent lubricated sealed bearing of reputed brand formaintenance free usage.Paint: All Weather Double Layer Powder Coated Paint.Thickness of Base plate for fixing : Not less than 8 mm

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14	Treadmill		Material: Pre Galvanized Mild Steel, Thickness of pipes Not Less Than 3 mm. Main frame pipe 110-165 MM (as/design) ,L shape pipe is dia 70-100 mm, Swing Arm is dia 30-60 mm, PVC Cover Handle with dia 30-60mm, Plastic Alloy / HDPE seat with appropriate thickness with effectively connected on frame. Permanent lubricated sealed bearing of reputed brand for maintenance free usage. All open ends of pipe either sealed in or closed by GI/LLDPE cap for user safety. Paint: All Weather Double Layer Powder Coated Paint Thickness of Base plate for fixing : Not less than 8 mm
15	Push & Pull up chair		Material: Pre Galvanized Mild Steel, Thickness of pipes Not Less Than 3 mm. Main frame pipe 110-165 MM (as/design) ,L shape pipe is dia 70-100 mm, Swing Arm is dia 30-60 mm, PVC Cover Handle with dia 30-60mm, Plastic Alloy / HDPE seat with appropriate thickness with effectively connected on frame. Permanent lubricated sealed bearing of reputed brand for maintenance free usage. All open ends of pipe either sealed in or closed by GI/LLDPE cap for user safety. Paint: All Weather Double Layer Powder Coated Paint Thickness of Base plate for fixing : Not less than 8 mm
16	Big playstation		Ht. of 10.5', length of 28', wide of 15' Metal : Min 14 gauge pipe Fiber thickness of min 3.5 mm double slide length 9' Single slide length 8.5' Tunnel length 9.5' Spiral height 4'

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