



नगर कार्यपालिकाको कार्यालय



Office of the Municipal Executive

(Google Plus Code: C8RJ+C6 Neulapur)

सैनवार, बर्दिया
Sainwar, Bardiya

लुम्बिनी प्रदेश, नेपाल

Lumbini Province, Nepal

प.सं. २०८०/०८१

मिति: २०८१/३/११

च. नं.

ने.सं. ११४४ तछलागा ४, मङ्गलबार

दरभाउत्र (कोटेशन) पेश गर्ने सम्बन्धी सूचना

प्रथम सूचना प्रकाशन मिति: २०८१।३।११

यस नगरपालिकाको ओपन जीमका लागि आवश्यक इक्विपमेण्ट खरिद गर्नुपर्ने भएकाले उक्त इक्विपमेण्टको यसै सूचना साथ संलग्न बिल अफ क्वान्टिटिज र स्पेशिफिकेशन बमोजिम यो सूचना प्रकाशन भएको मितिले ५ (पाँच) दिनभित्र देहाय बमोजिमका कागजातहरू संलग्न गरी खामबन्दी साथ कोटेशन पेश गर्नुहुन यो सूचना प्रकाशन गरिएको छ ।

आवश्यक कागजातहरू:

१. फर्म दर्ता प्रमाणपत्र र सोको नवीकरण समेत आउने गरी प्रतिलिपि: १ थान,
२. मू.अ.क. दर्ता प्रमाणपत्रको प्रतिलिपि: १ थान,
३. आ.व. २०७९।८० को करचुक्ता प्रमाणपत्रको प्रतिलिपि: १ थान,
४. कालो सूचीमा नपरेको स्वघोषणा पत्र,
५. केरमेट नगरी प्रष्ट बुझिने भरेको सूचनामा संलग्न बिल अफ क्वान्टिटिज,
६. सही छाप लगाएको सूचनामा संलग्न स्पेशिफिकेशन,
७. आवश्यक कुरा खुलाएको कोटेशन पत्र,
८. रु. १०००।० को राजस्व बुझाएको रसिद ।

२०८१।३।११
रामहरि रिजाल
प्रमुख प्रशासकीय अधिकृत

Thakurbaba Municipality
Sainawar, Bardiya

BoQ for Outdoor Gym Equipments

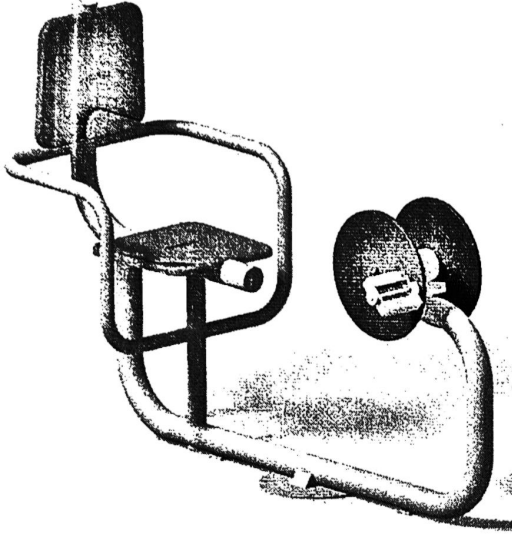
2080/081

S.N	Instruments	Quantity	Rate	Total	Remarks
1	Cycle	1			
2	Double twister Standing	1			
3	Shoulder Builder	1			
4	Single seated puller	1			
5	Single chest Press	1			
6	Double cross trainer mini	1			
7	Horse Rider	1			
8	Air Walker	1			
9	Thaichi Spinner 2 wheel	1			
10	Leg Extensioner	1			
11	Arm and Paddle Bike	1			
12	Cycle Economy	1			
13	Sky walker	1			
14	Waist and Back Massager	1			
	Sub Total				
	VAT 13% Nrs				
	Grand total Nrs.				



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CYCLE

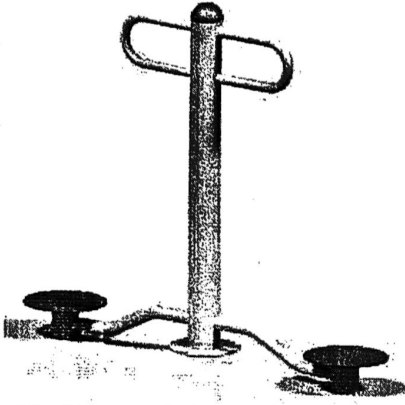


- Length:- 1200 mm
- Width:- 450 mm
- Height:- 950 mm
- Safe Area:- 2.5 Mtr X 1.5 Mtr
- Cycle equipment made up of "B" class GI pipe of different NB. NB stands for Nominal Bore size i.e. Internal Diameter of pipe in millimeters.
- 80mm NB:- Foundation main pipe.
- 50mm NB:- Main frame duly bend.
- 32mm NB:- Support.
- 25mm NB:- Handle frame duly bend.
- MS pipe of 19 x 19 x 1mm thickness:- Cycle pedal.
- MS Angle 23 x 23 x 1.8mm:- Foundation support frame.
- MS pipe 19 x 38 x 1.8mm:- Foundation support frame.
- MS Round plate of 10mm:- Cycle plate assembly.
- Φ 60mm seamless pipe:- Bushes.
- MS sheet of size 330 x 300 x 1.8mm:- Seat and Backrest.
- MS bright material:- Pins made of Dia.25mm & Dia.12mm.
- Bearings:- Permanent lubricated bearings "6205" & "6001" of reputed brand are used.
- Nut & Bolts:- High tensile steel with galvanized nut & bolts are used.
- Circlips:- The circlips are used for locking is made up of A24 & A10.
- Powder coating:- The powder coating done with Pure polyster powder of Ackzonoble or Berger with 60 to 70 micron thickness.



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Double Twister Standing



- **DIMENSIONS:** - 1700mm (Length) x 540mm (Width) x 1250mm. (Height).
- **SAFE AREA:** - 3 Mtr x 1Mtr.
- Double Twister standing equipment made from "B" Class G.I. pipe of different NB. NB stands for Nominal Bore Sizes i.e. Internal Diameter of pipe in millimeters
- The Center Pipe is of 100mm NB made from "B" Class G.I. Round Pipe.

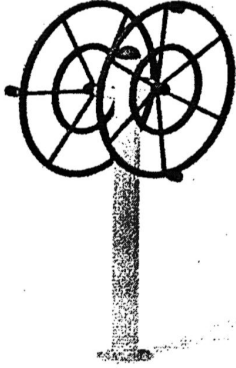
- The M.S. round plate of $\varnothing 250$ mm & 10mm thickness is welded at bottom.
- The bottom frame of the Double Twister standing is of 32 NB, 50 NB, and 25 NB made from "B" class G.I. pipe.
- The handle frame of Double Twister standing is 25 NB & Foot resting frame made from "B" class G.I. pipe of 25mm NB.
- The foundation used for fixing is a structure and made from center pipe of G.I. of 80 NB "B" class, Welded with M.S. round plate of $\varnothing 250$ mm & 10mm thick. Main pipe supported with 25 mm X 25mm M.S. angles of 3 mm thickness and 20mm x 40mm CRC square pipes of 3mm thickness.
- The Twister plate fitted on the bottom on frame is made up of M.S. Round Plate of size 300mm diameter and 10mm thickness.
- Closing caps made from top quality Fiber reinforced Plastic material which is of 2 mm thick.
- The Pins used are made up of $\varnothing 25$ mm SAE 8620 bright material.
- The bearings used are of "6205zz" permanent lubricated sealed bearing of reputed brand (FAG/SKF).
- High tensile steel with galvanized nuts & bolts are used for assembly.
- The powder coating done with Pure Polyester powder with 60 to 70 micron thickness.

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SHOULDER BUILDER



☑ Length:- 850mm

☑ Width:- 600mm

☑ Height:- 1710mm

☑ Safe Area:- 1.9 Mtr X 1.9 Mtr

☑ Shoulder Builder equipment made up of "B" class GI pipe of different NB. NB stands for Nominal Bore size i.e. Internal

Diameter of pipe in millimeters.

☑ 100mm NB:- Centre pipe.

☑ 80mm NB:- Foundation main pipe.

☑ 50mm NB:- For Support.

☑ 25mm NB:- Shoulder Builder ring.

☑ MS Angle 23 x 23 x 1.8mm:- Foundation support frame.

☑ MS pipe 19 x 38 x 1.8mm:- Foundation support frame.

☑ Φ 60mm seamless pipe:- Bushes.

☑ HDPE / PPCP Plastic:- Closing caps, Base Cover.

☑ MS bright material:- Pins made of Dia.25mm.

☑ Bearings:- Permanent lubricated bearings "6205" & "6001" of reputed brand are used.

☑ Handle Knob:- Handle knob made from high quality nylon material.

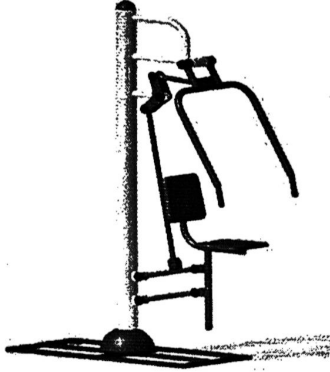
☑ Nut & Bolts:- High tensile steel with galvanized nut & bolts are used.

☑ Circlips:- The circlips are used for locking is made up of A24 & A10.

☑ Powder coating:- The powder coating done with Pure polyster powder of Ackzonoble or Berger with 60 to 70 micron thickness

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Single Seated Puller



- Length:- 710mm
- Width:- 700mm
- Height:- 1850mm
- Safe Area:- 1.2 Mtr X 2.0 Mtr

- Seated puller equipment made up of "B" class GI pipe of different NB. NB stands for Nominal Bore size i.e. Internal Diameter of pipe in millimeters.

- 100mm NB:- Centre pipe.
- 80mm NB:- Foundation main pipe.
- 32mm NB:- Handle frame, Seat frame, support.


- 25mm NB:- Connecting links, handle.
- MS Angle 23 x 23 x 1.8mm:- Foundation support frame.

- MS pipe 19 x 38 x 1.8mm:- Foundation support frame.
- MS plate of 8mm:- Seated Puller Handle profile.
- Φ 50mm seamless pipe:- Bushes.
- Φ 60mm seamless pipe:- Bushes.
- MS sheet of size 330 x 300 x 1.8mm:- Seat and Backrest.
- HDPE / PPCP Plastic:- Closing caps, Base Cover.

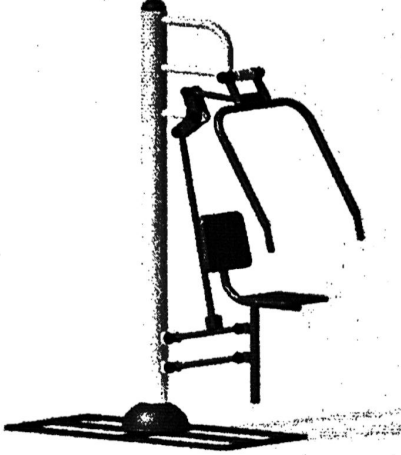
- MS bright material:- Pins made of Dia.17mm.
- Bearings:- Permanent lubricated bearings "6203" of reputed brand are used.
- Nut & Bolts:- High tensile steel with galvanized nut & bolts are used.
- Circlips:- The circlips are used for locking is made up of A16.
- Handle grips:- Handle grips are made up of high quality rubber material.

- Powder coating:- The powder coating done with Pure polyster powder of Ackzonoble or Berger with 60 to 70 micron thickness.




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SINGLE CHEST PRESS



- Length:- 600mm
- Width:- 710mm
- Height:- 2150mm
- Safe Area:- 2.5 Mtr X 1.7 Mtr
- Single Chest Press equipment made up of "B" class GI pipe of different NB. NB stands for Nominal Bore size i.e. Internal Diameter of pipe in millimeters.
- 100mm NB:- Centre pipe.
- 80mm NB:- Foundation main pipe.
- 32mm NB:- Handle frame duly end, Seat frame duly

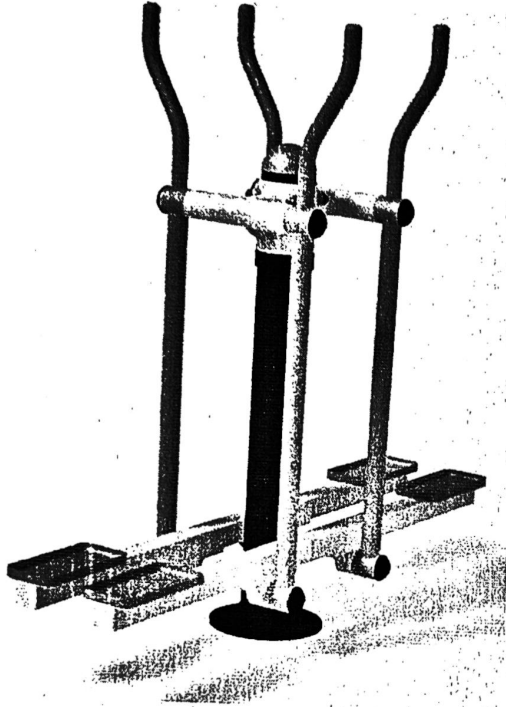
bend, support.

- 25mm NB:- Connecting links, handle.
- MS Angle 23 x 23 x 1.8mm:- Foundation support frame.
- MS pipe 19 x 38 x 1.8mm:- Foundation support frame.
- MS plate of 8mm:- Chest press profile.
- Φ 50mm seamless pipe:- Bushes.
- Φ 60mm seamless pipe:- Bushes.
- MS sheet of size 330 x 300 x 1.8mm:- Seat and Backrest.
- HDPE / PPCP Plastic:- Closing caps, Base Cover.
- MS bright material:- Pins made of Dia.25mm & Dia.17mm.
- Bearings:- Permanent lubricated bearings "6205" & "6203" of reputed brand are used.
- Nut & Bolts:- High tensile steel with galvanised nut & bolts are used.
- Circlips:- The circlips are used for locking are of A24 & A16.
- Handle grips:- Handle grips are made up of high quality rubber material.
- Powder coating:- The powder coating done with Pure polyster powder of Ackzonoble or Berger



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DOUBLE CROSS TRAINER (MINI)



Dimension: 1.8 Mtr (Length) x 0.63 Mtr (Width) x 1.5 Mtr (Height)

• Sky Walker Equipment made from "B" class G.I. Pipe. NB stands for Nominal Bore Sizes i.e. Internal Diameter of pipe in millimeters.

• The main frame is of pipe is 100mm NB made from "B" Class G.I. pipe.

• For connecting the handle frame to main pipe 50mm NB "B" Class G.I. pipe is used.

• The leg movement frame is of 50mmX50mm Square pipe with thickness 2mm is used.

• The handle pipe is of 25mm NB made from "B" Class G.I. pipe.

• The footrests is made from Aluminum material, its sizes are 255 X 120 X

3mm.

• Closing Caps made from top quality nylon material with 2 mm thickness.

• Pins used of Diameter 25mm are made up from MS bright material and protected with nylon caps.

• The bearings used are "6205zz" are permanent lubricated sealed bearing of reputed brand.

• High tensile steel with galvanized nuts & bolts are used for assembly.

• The cerclips A24 used for assembly are of $\varnothing 25$ mm.

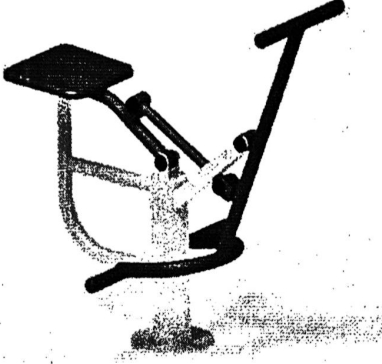
• The foundation used for fixing is a structure and made from center pipe of G.I. of 80 NB "B" class welded with G.I. round plate of $\varnothing 250$ mm & 10mm thick. Main pipe supported with 25 mm X 25mm M.S. angles of 3 mm thickness and 20mm x 40mm CRC square pipes of 3mm thickness. • To build structure bushes are used which are made from seamless pipe of 60mm O.D. and 6mm thickness as well as 60mm diameter solid bar is used.

• The powder coating is done by Burger and Pure Polyester powder with 60 to 70 micron thickness.

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नगर कार्यपालिकाको कार्यालय
सैनवार, बाँदगा
सुम्बिनौ प्रदेवा नेपाल
स्था. २०७३

HORSE RIDER

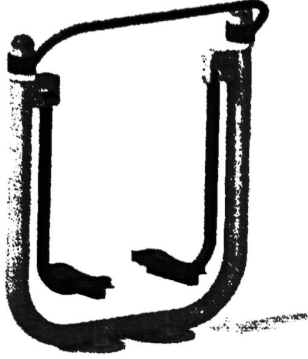


- Length:- 1000mm
- Width:- 700mm
- Height:- 1000mm
- Safe Area:- 2.2 Mtr X 1.4 Mtr
- Horse Rider made up of "B" class GI pipe of different NB. NB stands for Nominal Bore size i.e. Internal Diameter of pipe in millimeters.
- 100mm NB:- Main frame.
- 80mm NB:- Foundation main pipe.
- 32mm NB:- Handle frame, Seat frame, support.
- 25mm NB:- Connecting links, Footrest.
- MS Angle 23 x 23 x 1.8mm:- Foundation support frame.
- MS pipe 19 x 38 x 1.8mm:- Foundation support frame.
- MS plate of 8mm:- Φ 100mm x 8mm plate support for prime stand.
- Φ 50mm seamless pipe:- Bushes.
- MS sheet of size 330 x 300 x 1.8mm:- Seat and Backrest.
- MS bright material:- Pins made of Dia.17mm.
- Bearings:- Permanent lubricated bearings "6203" of reputed brand are used.
- Bearings End cap:- Made up from SS304/Nylon material.
- Nut & Bolts:- High tensile steel with galvanized nut & bolts are used.
- Circlips:- The circlips are used for locking is made up of A16.
- Handle grips:- Handle grips are made up of high quality rubber material.
- Powder coating:- The powder coating done with Pure polyster powder of Ackzonoble or Berger with 60 to 70 micron thickness.

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AIR WALKER




- Length:- 1200mm
- Width:- 400mm
- Height:- 1290mm
- Safe Play Area:- 2.0 Mtr X 1.8 Mtr
- Air Walker equipment made up of "B" class GI pipe of different NB. NB stands for

Nominal Bore size i.e. Internal Diameter of pipe in

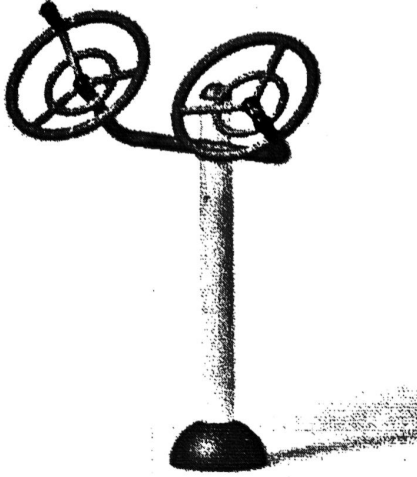
millimeters.

- 80mm NB:- Air Walker Prime Stand duly bend, Foundation center pipe.
- 32mm NB:- Air Walker pedal frame,
- 25mm NB:- Air Walker handle frame.
- MS pipe 48 x 48 x 2.8mm:- Footrest frame support.
- MS Angle 23 x 23 x 1.8mm:- Foundation support frame.
- MS Flat 48 x 9mm:- Foundation plate support.
- MS plate of 245 x 113 x 2.8mm :- Footrest support plate.
- MS bright material:- Pins made of Dia.25mm.
- MS plate of 8mm:- Air Walker Pedal L-bend, support.
- Φ 60mm seamless pipe:- Bushes.
- Bearings:- Permanent lubricated bearings "6205" of reputed brand are used.
- Nut & Bolts:- High tensile steel with galvanized nut & bolts are used.
- Circlips:- The circlips are used for locking is made up of A24.
- HDPE / PPCP Plastic :- Closing cap, Air Walker Footrest.
- Powder coating:- The powder coating done with Pure polyster powder of Ackzonoble or Berger with 60 to 70 micron thickness.




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Thaichi Spinner 2 Wheel



- Length:- 900 mm
- Width:- 620 mm
- Height:- 1600 mm
- Safe Area:- 1.2 Mtr X 1.0 Mtr
- Thaichi Spinner 2 Wheel comes with one station of wheel chair accessible.
- Thaichi Spinner 2 Wheel equipment made up of "B" class GI pipe of different NB. NB stands for Nominal Bore size i.e. Internal Diameter of pipe in millimeters.
- 80mm NB:- Prime stand, Foundation main pipe.
- 32 mm NB:- Support frame duly bend.
- MS Angle 23 x 23 x 1.8mm:- Foundation support frame.
- MS pipe 19 x 38 x 1.8mm:- Foundation support frame.
- Φ 60mm seamless pipe:- Bushes.

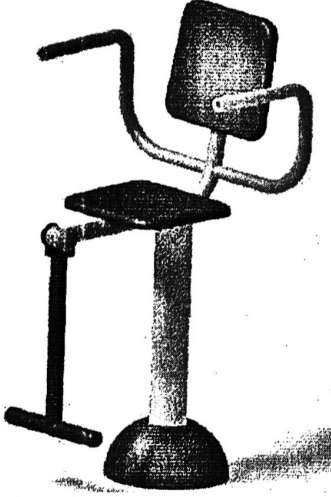
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Leg Extensioner



- Length:- 650 mm
- Width:- 450 mm
- Height:- 950 mm
- Safe Area:- 1.75 Mtr X 1.5 Mtr

□ Cycle equipment made up of "B" class GI pipe of different NB. NB stands for Nominal Bore size i.e. Internal Diameter of pipe in millimeters.

- 80mm NB:- Foundation main pipe.
- 50mm NB:- Main frame duly bend.
- 32mm NB:- Support.
- 25mm NB:- Handle frame duly bend.

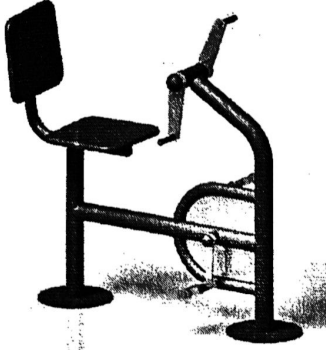
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वेदुरबाबा नगरपालिका
नगर कार्यपालिकाको कार्यालय
सेनवार, बाँके
लुम्बिनी प्रदेश नेपाल
स्था. २०७३

Arm and Paddle Bike



- Length:- 1200 mm
- Width:- 500 mm
- Height:- 900 mm
- Safe Area:- 2.5 Mtr X 1.5 Mtr

- Cycle equipment made up of "B" class GI pipe of different NB. NB stands for Nominal Bore size i.e. Internal Diameter of pipe in millimeters.

- 80mm NB:- Foundation main pipe.
- 50mm NB:- Main frame duly bend.
- 32mm NB:- Support.
- 25mm NB:- Handle frame duly bend.
- MS pipe of 19 x 19 x 1mm thickness:- Cycle pedal.
- MS pipe of 19 x 19 x 1mm thickness:- Cycle Arm pedal.
- MS Angle 23 x 23 x 1.8mm:- Foundation support frame.

- MS pipe 19 x 38 x 1.8mm:- Foundation support frame.
- MS Round plate of 10mm:- Cycle plate assembly.
- Φ 60mm seamless pipe:- Bushes.
- MS sheet of size 330 x 300 x 1.8mm:- Seat and Backrest.
- MS bright material:- Pins made of Dia.25mm & Dia.12mm.

- Bearings:- Permanent lubricated bearings "6205" & "6001" of reputed brand are used.

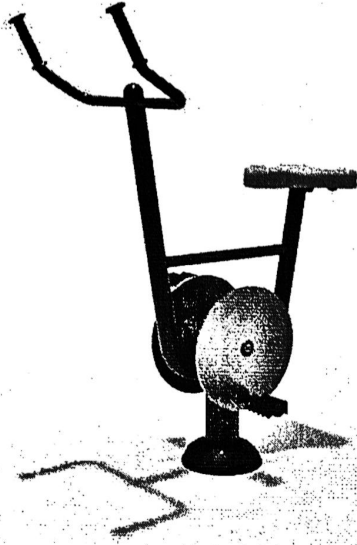
- Nut & Bolts:- High tensile steel with galvanized nut & bolts are used.
- Circlips:- The circlips are used for locking is made up of A24 & A10.

- Powder coating:- The powder coating done with Pure polyster powder



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Cycle Economy



- Length:- 1300 mm
- Width:- 450 mm
- Height:- 900 mm
- Safe Area:- 2.0 Mtr X 1.5 Mtr

- Cycle equipment made up of "B" class GI pipe of different NB. NB stands for Nominal Bore size i.e. Internal Diameter of pipe in millimeters.

- 80mm NB:- Foundation main pipe.
- 50mm NB:- Main frame duly bend.

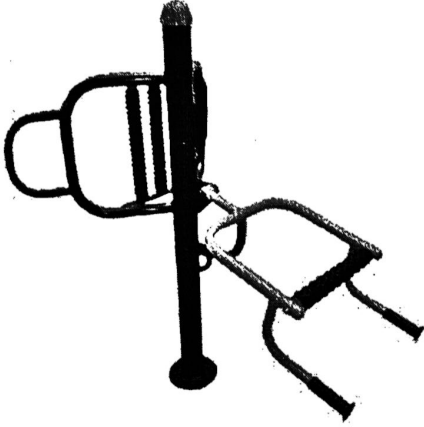
- 32mm NB:- Support.
- 25mm NB:- Handle frame duly bend.
- MS pipe of 19 x 19 x 1mm thickness:- Cycle pedal.
- MS Angle 23 x 23 x 1.8mm:- Foundation support frame.

- MS pipe 19 x 38 x 1.8mm:- Foundation support frame.
- MS Round plate of 10mm:- Cycle plate assembly.
- Φ 60mm seamless pipe:- Bushes.
- MS sheet of size 330 x 300 x 1.8mm:- Seat and Backrest.
- MS bright material:- Pins made of Dia.25mm & Dia.12mm.


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WAIST & BACK MASSAGER

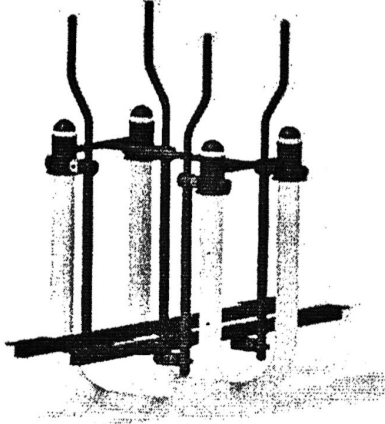


- Length:- 1050mm
- Width:- 850mm
- Height:- 1500mm
- Safe Area:- 2.1 Mtr X 2.1 Mtr
- Waist & Back massager equipment made up of "B" class GI pipe of different NB. NB stands for Nominal Bore size i.e. Internal Diameter of pipe in millimeters.
- 100mm NB:- Centre pipe.
- 80mm NB:- Foundation main pipe.
- 32mm NB:- For Support duly bend.
- 25mm NB:- Handle frame duly bend, main frame support
- MS Angle 23 x 23 x 1.8mm:- Foundation support frame.
- MS pipe 19 x 38 x 1.8mm:- Foundation support frame.
- Φ60mm seamless pipe:- Bushes.
- HDPE / PPCP Plastic:- Closing caps, Base Cover.
- MS bright material:- Pins made of Dia.25mm.
- Bearings:- Permanent lubricated bearings "6205" of reputed brand are used.
- Massager :- Specially designed massager made up of high quality rubber material.
- Nut & Bolts:- High tensile steel with galvanized nut & bolts are used.
- Powder coating:- The powder coating done with Pure polyster powder of Ackzonoble or Berger with 60 to 70 micron thickness


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SKY WALKER



- ☑ Length:- 1700mm
- ☑ Width:- 600mm
- ☑ Height:- 1650mm
- ☑ Safe Area:- 2.7 Mtr. X 1.6 Mtr.

☑ Sky Walker equipment made up of "B" class GI pipe of different NB. NB stands for Nominal Bore size i.e. Internal Diameter of pipe in millimeters.

☑ 80mm NB:- Prime stand duly bend, foundation main pipe.

☑ 32mm NB:- Handle frame, support.

- ☑ 25mm NB:- Handle grip duly bend.
- ☑ MS pipe of Dia.100 x 5mm:- Sky walker I-part.
- ☑ MS pipe 48 x 48 x 2.8mm:- Pedal link.
- ☑ MS flat of 38 x 9mm:- For pedal support.
- ☑ MS flat of 48 x 4mm:- For pedal assembly, support.
- ☑ MS Angle 23 x 23 x 1.8mm:- Foundation support frame.
- ☑ MS pipe 19 x 38 x 1.8mm:- Foundation support frame.
- ☑ Φ 50mm seamless pipe:- Bushes.
- ☑ Φ 60mm seamless pipe:- Bushes.
- ☑ MS sheet of size 245 x 113 x 2.8mm:- Footrest support.
- ☑ HDPE / PPCP Plastic:- Footrest, Closing caps.

- ☑ MS bright material:- Pins made of Dia.25mm.
- ☑ Bearings:- Permanent lubricated bearings "6205" of reputed brand are used.
- ☑ Nut & Bolts:- High tensile steel with galvanized nut & bolts are used.
- ☑ Circlips:- The circlips are used for locking is made up of A24.
- ☑ Handle grips:- Handle grips are of high quality rubber material.

☑ Powder coating:- The powder coating done with Pure polyster powder of Ackzonoble or Berger with 60 to 70 micron thickness.



रामहरि रिजाल
प्रमुख प्रशासकीय अधिकृत