



नेपाल सरकार
स्वास्थ्य तथा जनसंख्या मन्त्रालय

आयुर्वेद तथा वैकल्पिक चिकित्सा विभाग

टोकु, काठमाण्डौ
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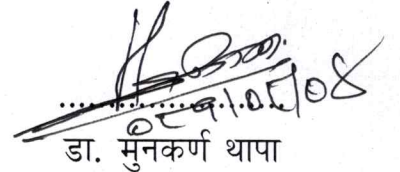
पत्र संख्या:- २०८१/०८२
चलानी नम्बर:- ९९०

मिति:-२०८१/०८/०४

विषय :- मूल्य सूची पेश गर्ने सम्बन्धमा ।

श्री जो जससँग सम्बन्धित छ ।

प्रस्तुत विषयमा यस विभागको आ.व. २०८१/०८२ को वार्षिक खरिद कार्यक्रममा उल्लेख भए बमोजिम खुला योग तथा व्यायामशालाको लागत अनुमान तयार गर्ने प्रयोजनका लागि यसै साथ संलग्न सामाग्री र मापदण्ड (Specification) भएका Open Gym खरिद गर्नु पर्ने भएकोले इच्छुक फर्म, उत्पादक तथा आपूर्ति कर्ताले उक्त सामाग्रीहरुको मूल्य सूची यो सूचना प्रकाशन भएको मितिले ७ (सात) दिन भित्र यस विभागमा पेश गर्नु हुन सम्बन्धित सबैको लागि यो सूचना प्रकाशन गरिएको व्यहोरा जानकारी गराईन्छ ।


डा. मुनिकर्ण थापा

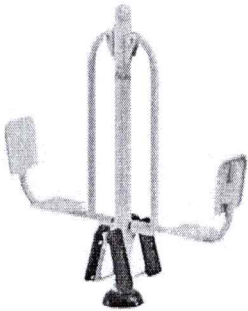
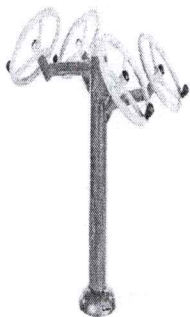
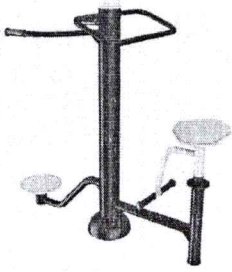
वरिष्ठ कन्सल्टेन्ट आयुर्वेद विज्ञ
खरिद इकाई संयोजक

“ मेरो स्वास्थ्य- मेरो जिम्मेवारी ”

Ministry of Health and Population
Department of Ayurveda and Alternatie Medicine
Teku, Kathmandu



REQUIRED SPECIFICATION FOR THE OPEN GYM EQUIPEMENTS



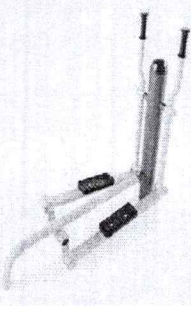
S.N.	NAME OF ITEMS	IMAGE (The product images are for illustration purposes only and may not be an exact representation of the products)	SPECIFICATION	DIMENSION (Variation on overall dimension not more than ±100 mm)	IMPACTS	REMARKS
1	LEG PRESS		Material: Pre Galvanized Mild Steel / Galvanized Iron Main Central pipe: 100 mm NB (114.3 mm OD) Pipe - 150 mm NB (168.3 mm OD) Pipe Swinging paddle pipe: 40-80mm (OD), Handle Pipes: 30-60 MM (OD) Thickness of pipes: Not Less Than 3 mm. 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 / GI frame Footrest: 30-50 mm GI pipe or Plastic Alloy /Nylon footrest with more than 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, pins(25mm in dia solid bar) for assembly All open ends of pipe either sealed in or closed by GI / 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	2110 MM (Length) x 710 MM (Width) x 1670 MM (Height)	This equipment emphasizes on the Leg and Lower Body Muscles.	
2	ARM AND SHOULDER WHEEL		Material: Pre Galvanized Mild Steel / Galvanized Iron Main Central pipe: 100 mm NB (114.3 mm OD) Pipe - 150 mm NB (168.3 mm OD) Pipe Both side arm support: 30-40mm (OD)/ 25 mm NB pipe Rotating wheels: 365-430 mm dia, 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 GI / 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	1280 MM (Height) x 700 MM (length) x 1000 MM (Width)	This equipment emphasizes on the shoulder, Elbow and Wrist Muscles exercises.	
3	STANDING AND SEATING TWISTER TRAINER		Material: Pre Galvanized Mild Steel / Galvanized Iron Main Central pipe: 100 mm NB (114.3 mm OD) Pipe - 150 mm NB (168.3 mm 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 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 / GI Round Plate Twister Plate for standing platform: Fitted above the supporting frame, 250-320 mm Dia and 10 mm thick MS / GI 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 assembly All open ends of pipe either sealed in or closed by GI / 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	1740 MM (Length) x 510 MM (Width) x 1425 MM (Height)	This equipment helps in Back and Spinal Joint exercises. Strengthens Abdominal Muscles and aligns Lower Back and Spine. Assists in increasing flexibility of Upper and Lower Back.	

Prepared By : Er. Misha Rajbanshi

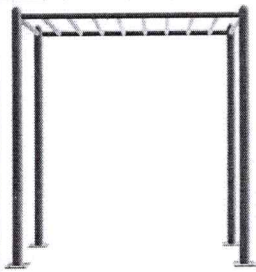

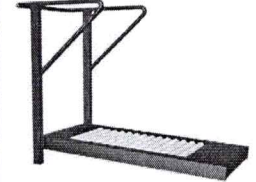

Checked By :

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REQUIRED SPECIFICATION FOR THE OPEN GYM EQUIPEMENTS

S.N.	NAME OF ITEMS	IMAGE (The product images are for illustration purposes only and may not be an exact representation of the products)	SPECIFICATION	DIMENSION (Variation on overall dimension not more than ± 100 mm)	IMPACTS	REMARKS
4	AIR SWING		Material: Pre Galvanized Mild Steel / Galvanized Iron 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 / GI Thickness of pipes: Not Less Than 3 mm. Footrest: Top Quality LLDPE / HDPE for footrest 3-5mm thickness. Reinforced foot pedals for extended life 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 GI / 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	1465 MM (Length) x 930 MM (Width) x 1360 MM (Height)	Emphasizes on the Front & Back Upper Leg Muscle exercises. It also assists in leg stretching and waist stretching.	
5	CYCLE		Material: Pre Galvanized Mild Steel / Galvanized Iron Main Central pipe: 80 mm NB (88.9 mm OD) Pipe - 100 mm NB (114.3 mm OD) Pipe Handle frame: 30-60mm Thickness of pipes: Not Less Than 3 mm. Revolving paddles & Wheels: heavy duty M.S plate PVC cover Handle with dia 30-60 mm (OD) 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 effectively connected on frame. 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 GI / 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	1050 MM (Length) x 560 MM (Width) x 1470 MM (Height)	This equipment strengthens Lower & Upper Limb muscles. It improves flexibility of joints and helps to lose weight.	
6	CROSS TRAINER / ELLIPTICAL EXERCISE		Material: Pre Galvanized Mild Steel / Galvanized Iron 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 GI / 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) x 550 MM (Width) x 1780 MM (Height)	This equipment strengthens Lower Body, Increases endurance and helps to lose weight. It's very good in cardio exercises.	

REQUIRED SPECIFICATION FOR THE OPEN GYM EQUIPEMENTS

S.N.	NAME OF ITEMS	IMAGE (The product images are for illustration purposes only and may not be an exact representation of the products)	SPECIFICATION	DIMENSION (Variation on overall dimension not more than ±100 mm)	IMPACTS	REMARKS
7	BRIDGE LADDER		Material: Pre Galvanized Mild Steel / Galvanized Iron 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 assembly All open ends of pipe either sealed in or closed by GI / 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 and not less than 10 mm in thickness	2610 MM (Length) x 1160 MM (Width) x 1930 MM (Height)	This equipment strengthens Upper body, Shoulder, Biceps and Grip and helps to build Abdominals.	
8	SIT UP - STATION DOUBLE		Material: Pre Galvanized Mild Steel / Galvanized Iron 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) x 640 MM (Width) x 1450 MM (Height)	This equipment provides exercise for Abdominal muscles, Upper Leg muscles and Back muscles. Also strengthens Arm and Shoulder muscles.	
9	TREADMIL		Material: Pre Galvanized Mild Steel / Galvanized Iron 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 GI / 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) x 750 MM (Width) x 1400 MM (Height)	This equipment give a great cardiovascular workout and helps improve heart health. Similarly improves flexibility of Lower Joints and helps to lose weight.	
10	PUSH & PULL UP CHAIR		Material: Pre Galvanized Mild Steel / Galvanized Iron 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. Seats and Back Rest : 330mm x 300 mm x 3mm thick, Made of MS /GI 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 GI / 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	2100 MM (Length) x 710 MM (Width) x 1870 MM (Height)	The Push & Lat Pull provides two side-by-side exercise stations. The Push side supports and promotes upper body strength and strengthens the Triceps, Pectoralis, and Deltoids in the pressing motion. The Lat Pull side develops Upper Body strength while simultaneously strengthening the	

ABBREVIATION

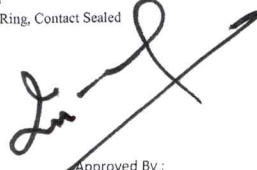
Dia Diameter
 GI Galvanized Iron
 HDPE High Density Poly Ethylene
 LLDPE Linear Low Density Poly Ethylene
 MM / mm Millimeter

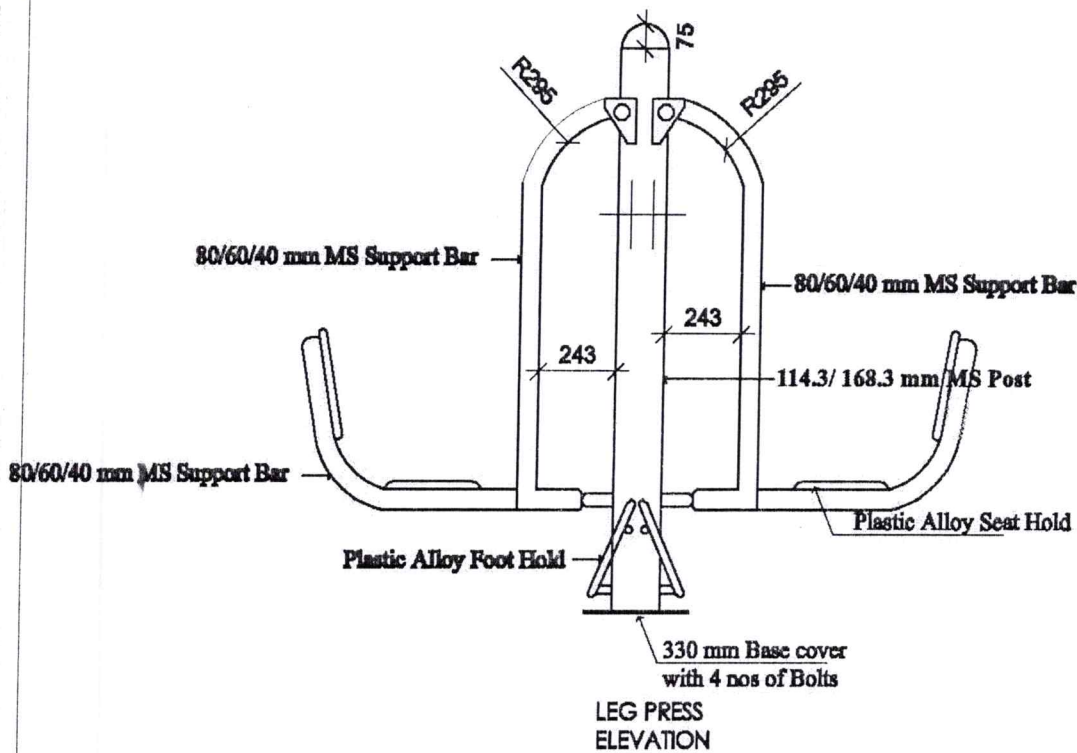
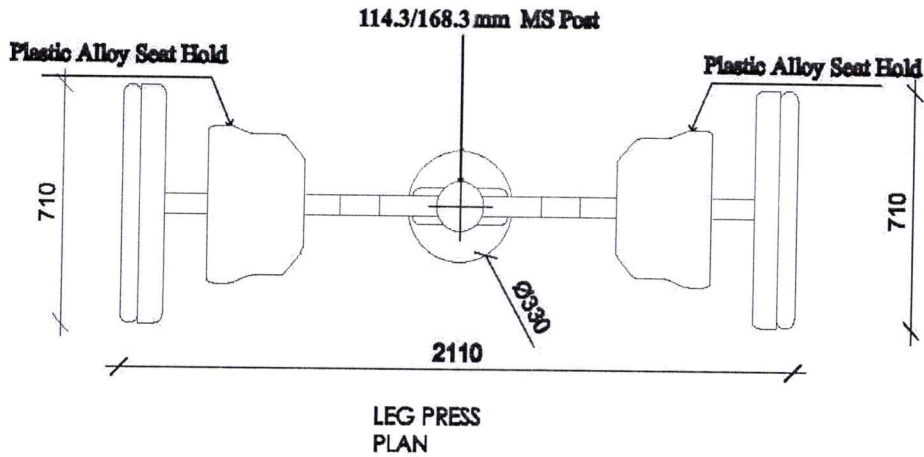
MS Mild Steel
 NB Normal Bore
 OD Outer Diameter
 RS1 Flanged Outer Ring, Contact Sealed
 SS Stainless Steel

Prepared By : Er. Aruna Rajbanshi

Checked By :

Approved By :


 महानिदेशक



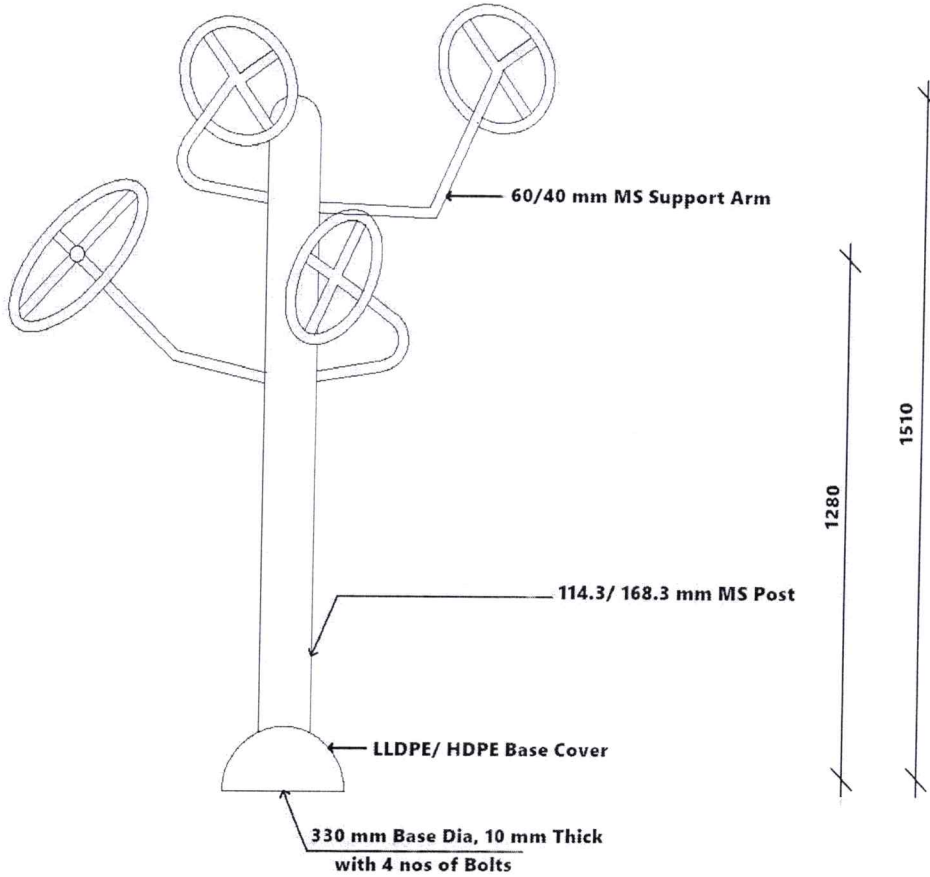
THICKNESS OF BASE PLATE NOT LESS THAN 10MM WITH MINIMUM 4 NOS OF BOLT.
ALL DIMENSION ARE IN MM. VARIATION IN OVERALL DIMENSION NOT MORE THAN ± 100 MM

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**ARM AND SHOULDER WHEEL
ELEVATION**

THICKNESS OF BASE PLATE NOT LESS THAN 10MM WITH MINIMUM 4 NOS OF BOLT.
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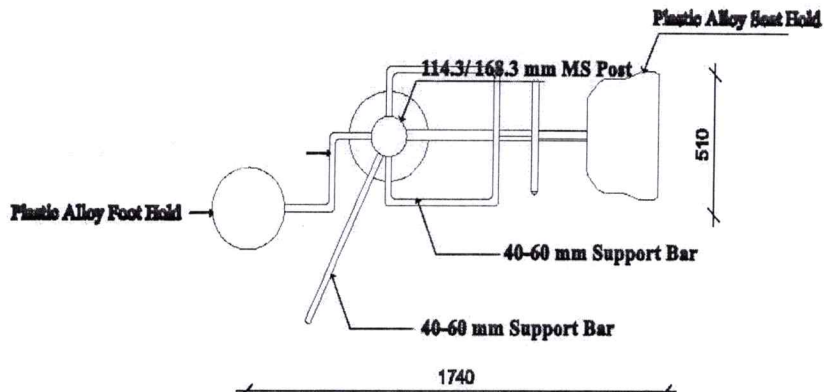
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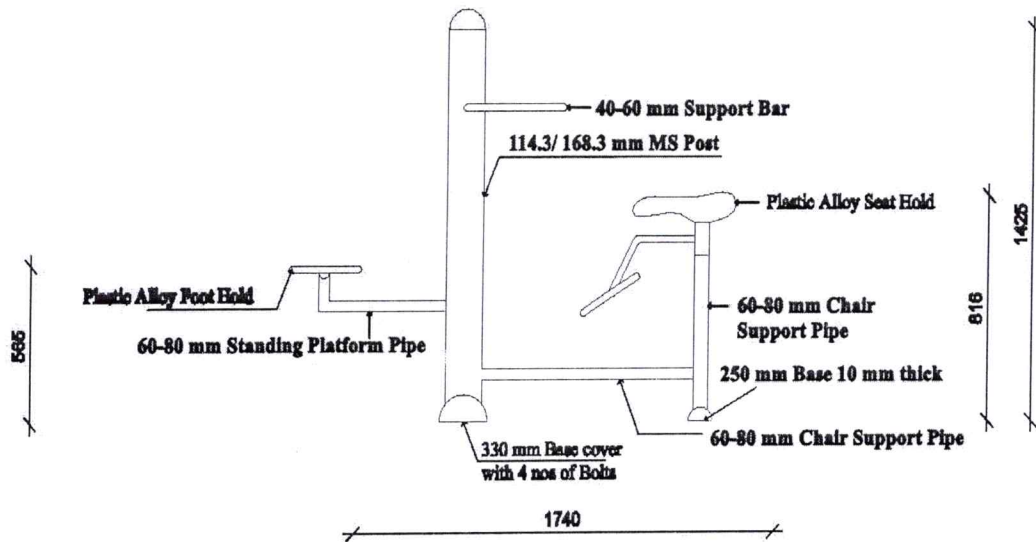
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TWISTER AND LEG TRAINER
PLAN



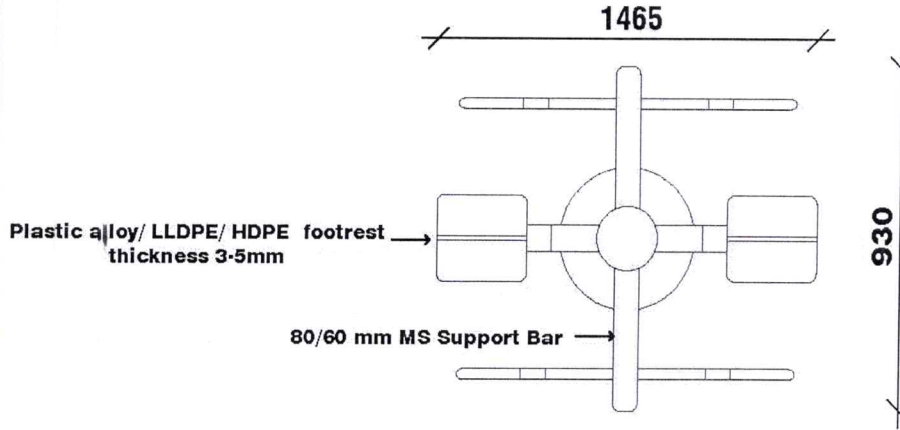
TWISTER AND LEG TRAINER
ELEVATION

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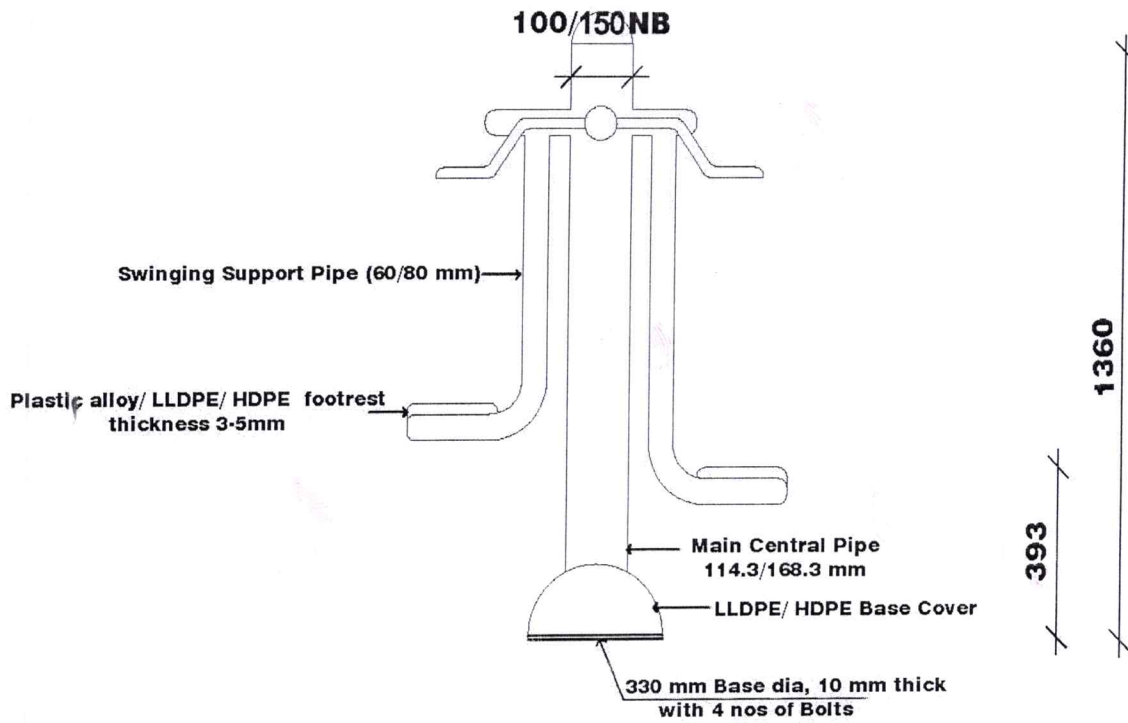
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**AIR SWING
PLAN**



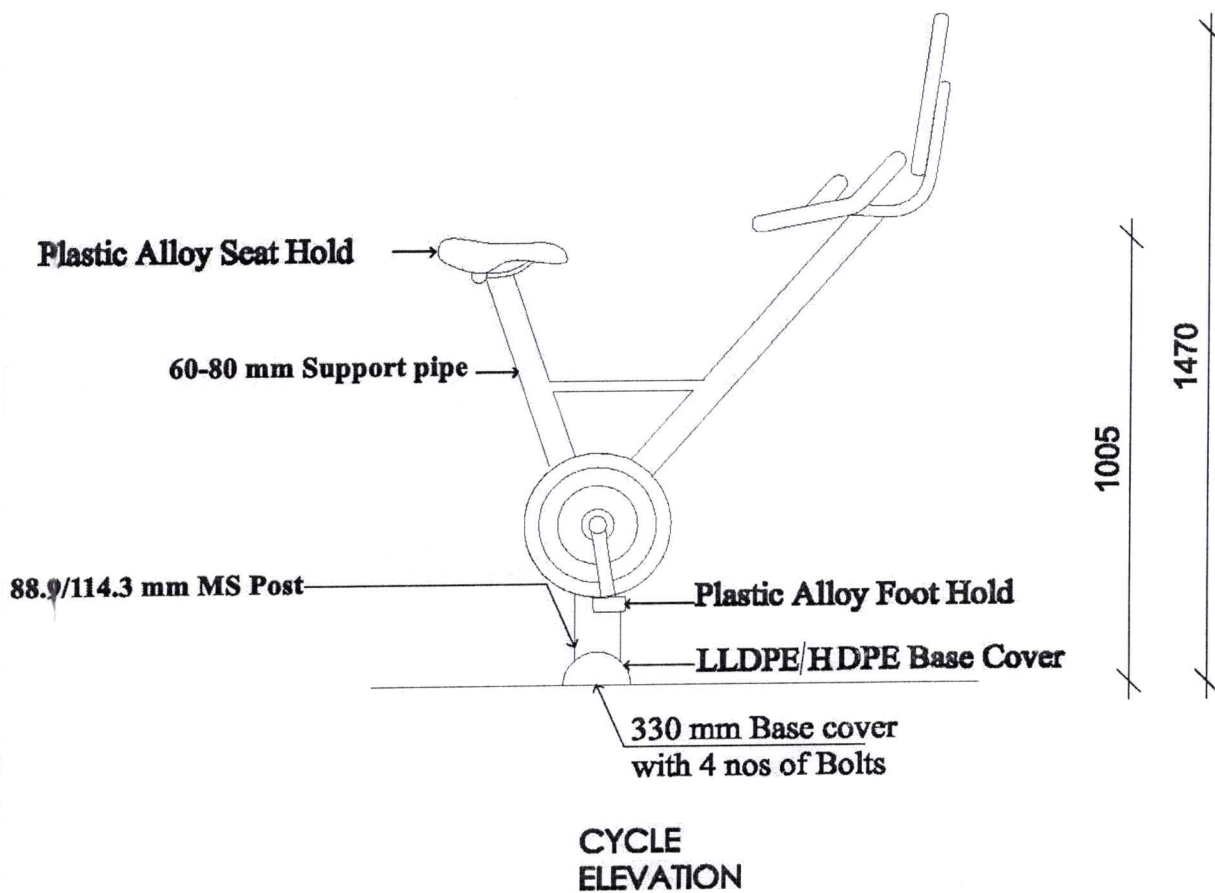
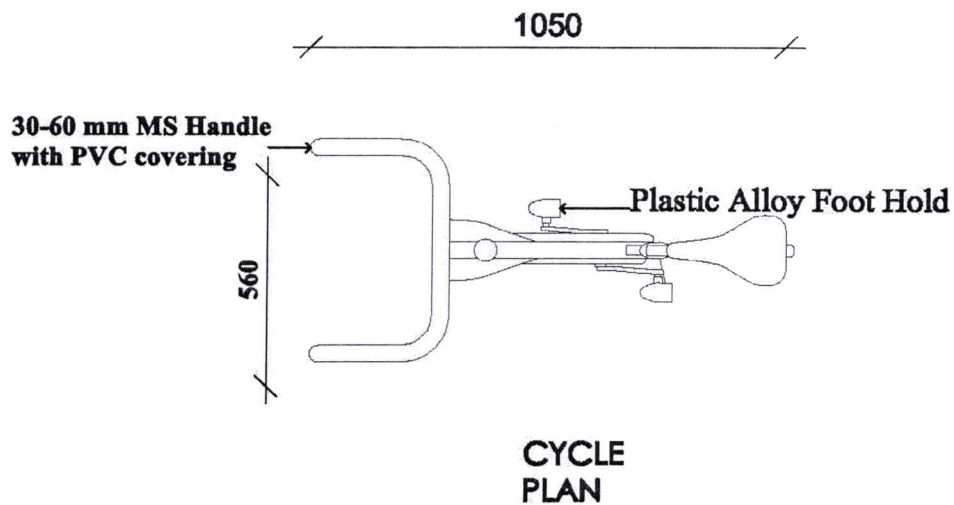
**AIR SWING
ELEVATION**

THICKNESS OF BASE PLATE NOT LESS THAT 10MM WITH MINIMUM 4 NOS OF BOLT.
ALL DIMENSION ARE IN MM. VARIATION IN OVERALL DIMENSION NOT MORE THAN ± 100 MM

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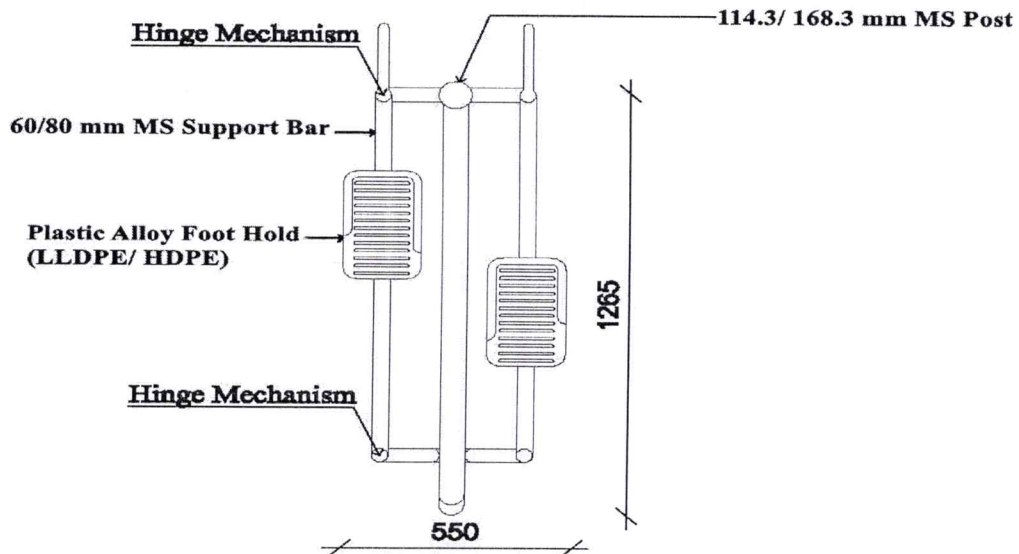


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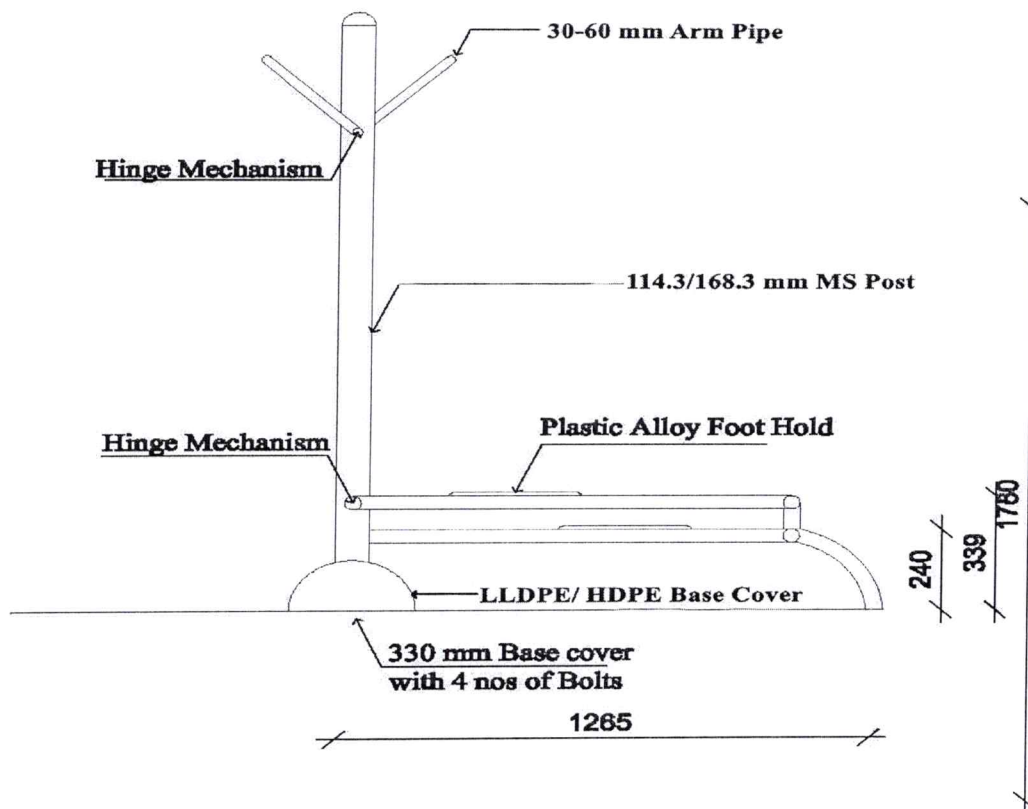
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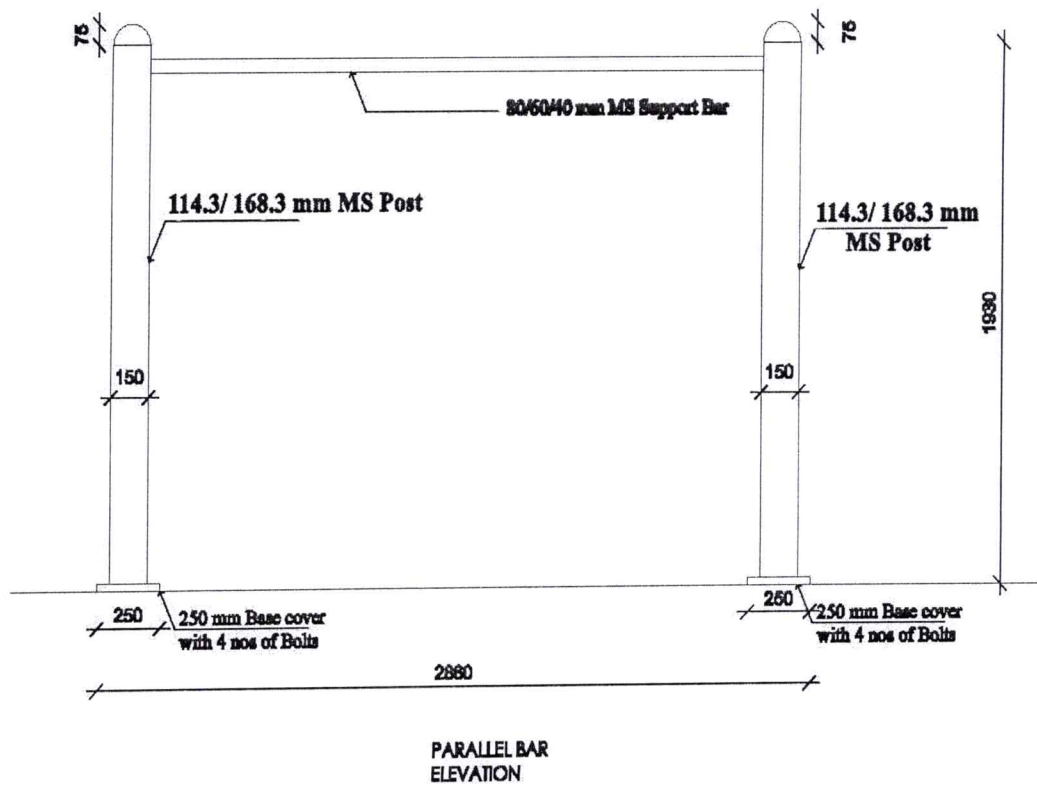
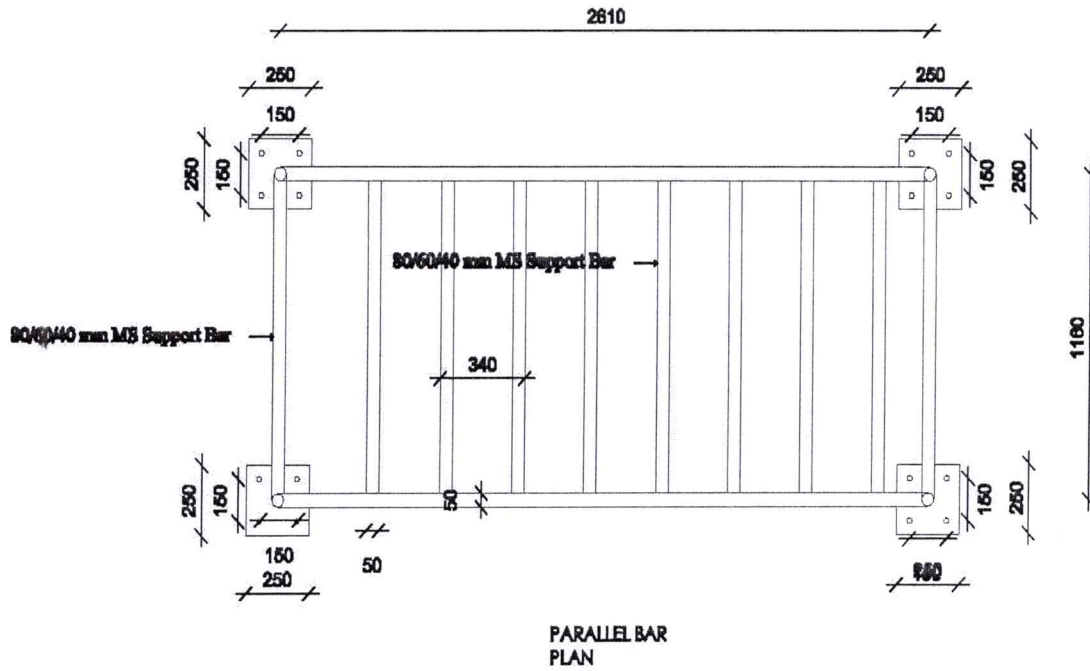
CROSS TRAINER /ELEPTICAL EXCERCISE
PLAN



CROSS TRAINER /ELEPTICAL EXCERCISE
ELEVATION

THICKNESS OF BASE PLATE NOT LESS THAT 10MM WITH MINIMUM 4 NOS OF BOLT.
ALL DIMENSION ARE IN MM. VARIATION IN OVERALL DIMENSION NOT MORE THAN ± 100 MM

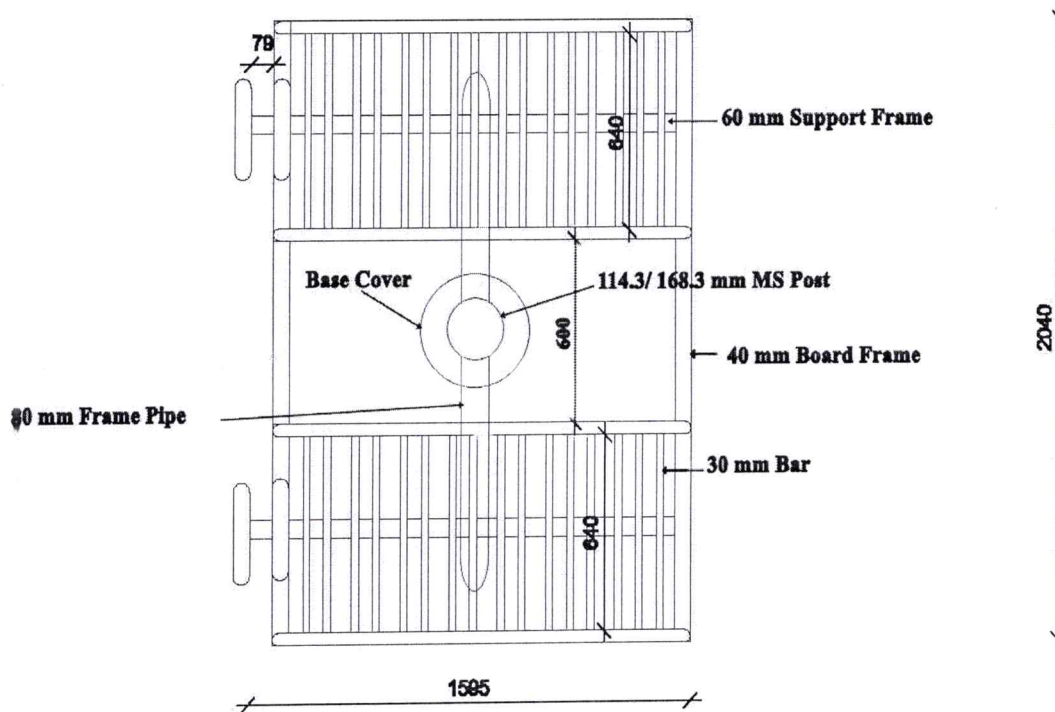
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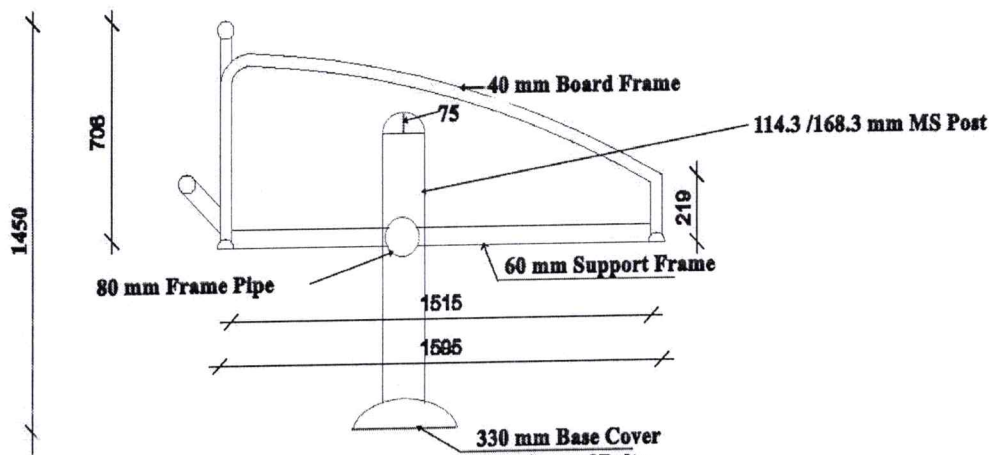
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SIT UP STATION DOUBLE
PLAN



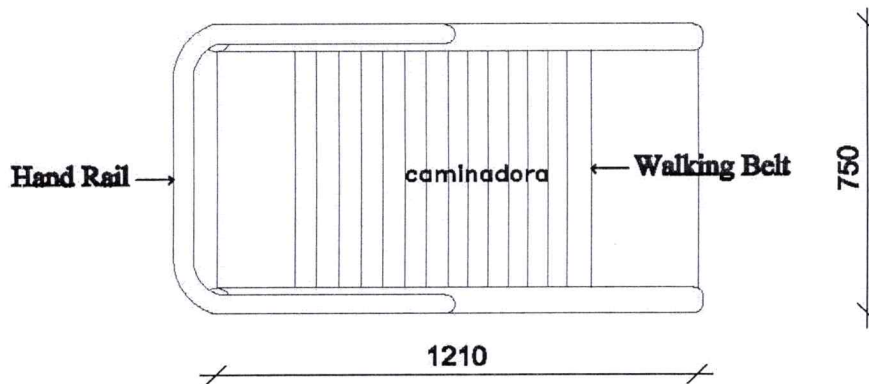
SIT UP STATION DOUBLE
SECTION

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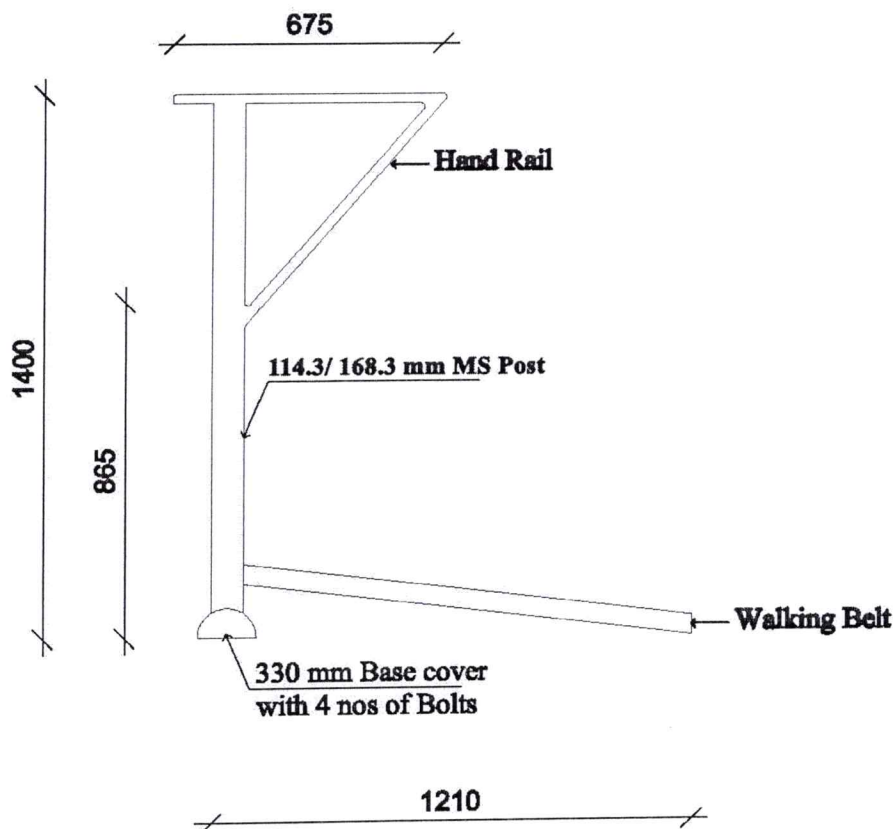
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MANUAL TREADMIL
PLAN



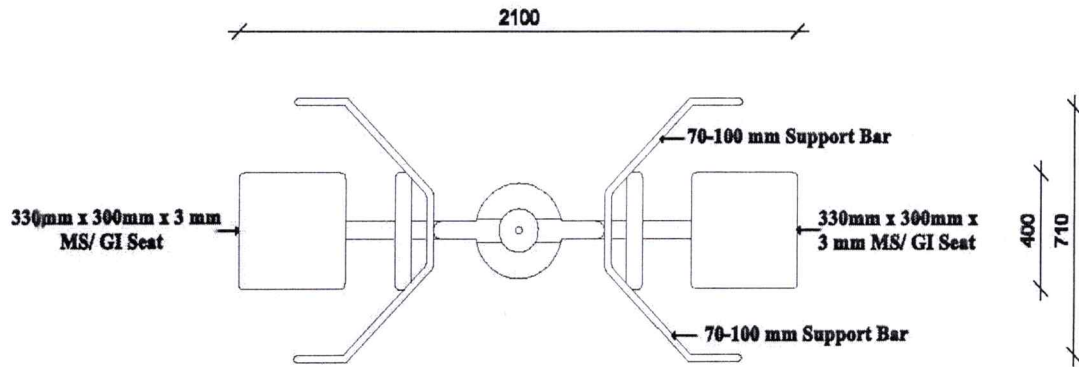
MANUAL TREADMIL
ELEVATION

THICKNESS OF BASE PLATE NOT LESS THAN 10MM WITH MINIMUM 4 NOS OF BOLT.
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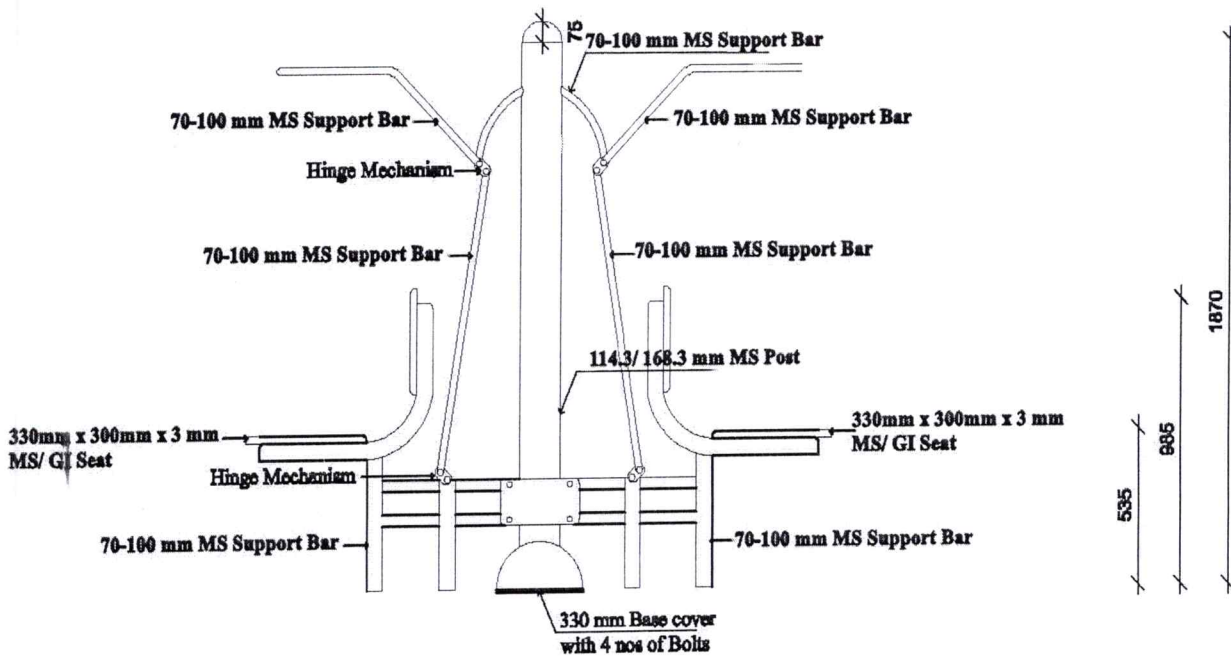
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PULL AND PUSH UP CHAIR
PLAN



PULL AND PUSH UP CHAIR
ELEVATION

THICKNESS OF BASE PLATE NOT LESS THAT 10MM WITH MINIMUM 4 NOS OF BOLT.
ALL DIMENSION ARE IN MM. VARIATION IN OVERALL DIMENSION NOT MORE THAN ± 100 MM

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