



नेपाल सरकार

स्वास्थ्य तथा खाद्य स्वच्छता मन्त्रालय

आयुर्वेद तथा वैकल्पिक चिकित्सा विभाग

टेकु, काठमाडौं

पत्रसंख्या:-०८३/८४

चलानी नम्बर:-



मिति:- २०८३/०४/२२

खुला योग तथा व्यायामशाला सामाग्रीहरूको दररेट पेश गर्ने सम्बन्धी सूचना।

यस विभागको चालु आ.व. को स्वीकृत वार्षिक कार्यक्रम अनुसार खुला योग तथा व्यायामशाला निर्माण सम्बन्धी खरिद कार्य अगाडी बढाउने सन्दर्भमा लागत अनुमान तयार गर्ने प्रयोजनको लागि संलग्न स्पेशिफिकेशन अनुसारको खुला योग तथा व्यायामशाला सामाग्रीहरू के कति दररेटमा उपलब्ध गराउन सकिन्छ ७ दिन भित्र सो को बजार मूल्य सूची पेश गर्नुहुन सम्बन्धित सरोकारवालाहरूको जानकारीको लागि यो सूचना प्रकाशित गरिएको छ ।

(गजेन्द्र नाथ शर्मा)

उपसचिव

“ मेरो स्वास्थ्य- मेरो जिम्मेवारी ”

फोन नं. : ०१-५३५२५२५, ५३६७४२५, ५३६९९१०, ११

फ्याक्स : ०१-५३६९९१२

Email: doaa.gov.np@gmail.com

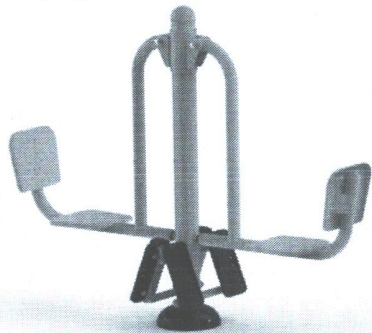
Website: www.doaa.gov.np



Government of Nepal
Ministry of Health and Food Safety
Department of Ayurveda and Alternate Medicine
Teku, Kathmandu

REQUIRED SPECIFICATION FOR THE OPEN GYM EQUIPEMENTS

FY 2083/84

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: not less than 100 mm NB (114mm OD) Pipe Swinging paddle pipe: more than 40 mm (OD), Handle Pipes: more than 30mm (OD) Thickness of pipes: Not Less Than 3 mm. Seat: Galvanized MS/ GI deep draw quantity of 2mm thickness with no joints with uniform outer edge radius of 2mm or LLDPE / HDPE seat with more than 5mm thickness with effectively connected on Galvanized MS/ GI frame Footrest: more than 30 mm MS pipe or LLDPE/HDPE footrest with more than 5mm thickness. UV protected for 3 years and Lead free. Reinforced foot rests for extended life. Base plate for fixing : 330 mm Dia and not less than 10 mm in thickness. Bearings: 62012 RS1 and 62052RS1, Permanent lubricated sealed bearing of reputed brand for maintenance free usage. Bearing Position: Bearing must be placed in the Hinge mechanism for the swinging pipe. Fasteners: High Tensile SS with galvanized nut and bolts, circlips, pins for assembly. All open ends of pipe either sealed in or closed by Galvanized MS / GI / Injection moulded Plastic LLDPE / HDPE (UV-protected for 3 years and Lead free)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 cover : LLDPE / HDPE (UV-protected for 3 years and Lead free) and not less than 8 mm in thickness	2110 MM (Length) x 710 MM (Width) x 1670 MM (Height)	This equipment emphasizes on the Leg and Lower Body Muscles.	

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2	ARM AND SHOULDER WHEEL		Material: Pre Galvanized Mild Steel/ Galvanized Iron Main Central pipe: not less than 100 mm NB (114mm OD) Pipe Both side arm support: more than 30 mm (OD)/ 25 mm NB pipe Rotating wheels: 365-430 mm dia, (both adult and users) Thickness of pipes: Not Less Than 3 mm. Base plate for fixing : 330 mm Dia and not less than 10 mm in thickness Bearings: 62012 RS1 and 62052RS1, Permanent lubricated sealed bearing of reputed brand for maintenance free usage, Bearing Position: Bearing must be placed for both the Rotating Wheel and the Handle Grip Knob. Fasteners: High Tensile SS with galvanized nut and bolts, circlips, pins for assembly. All open ends of pipe either sealed in or closed by Galvanized MS / GI / Injection moulded Plastic LLDPE / HDPE (UV-protected for 3 years and Lead free)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 cover : LLDPE / HDPE (UV-protected for 3 years and Lead free) and not less than 8 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.	

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3	STANDING AND SITTING TWISTER TRAINER		Material: Pre Galvanized Mild Steel/ Galvanized Iron Main Central pipe: not less than 100 mm NB (114mm OD) Pipe Chair Pipe: more than 60 mm (OD) Standing Platform Pipe : more than 60 (OD) and base plate of 250 mm diameter and 10 mm thickness Circular Handle Frame of Seated and Standing Twister: Welded on the Main central Pipe with 3-4 connecting pipes, more than 30 mm (OD), Two Circular Handle Frame one above another with a distance of 150-200 mm (applicable for both young and adult user.) Thickness of pipes: Not Less Than 3 mm. Twister Plate for seat: Fitted above the supporting frame, more than 350 mm Dia and 10 mm thick MS/GI Plate with anti-slip checker patterns/ Injection moulded Plastic LLDPE / HDPE (UV-protected for 3 years and Lead free) Twister Plate for standing platform: Fitted above the supporting frame, more than 300 mm Dia and 10 mm thick MS Round Plate with anti-slip checker patterns. Bearings: 62012 RS1 and 62052RS1, Permanent lubricated sealed bearing of reputed brand for maintenance free usage, Bearing Position: Bearing must be placed for both Standing and Sitting Platform Pipes. Fasteners: High Tensile SS with galvanized nut and bolts, circlips, pins for assembly. Base plate for fixing : 330 mm Dia and not less than 10 mm in thickness 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 cover : LLDPE / HDPE (UV-protected for 3 years and Lead free) and not less than 8 mm in thickness	1740 MM (Length) x 610 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.	

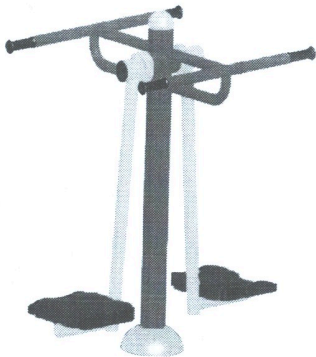
Prepared By: Er. Alisha Rajbanshi
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FY 2083/84

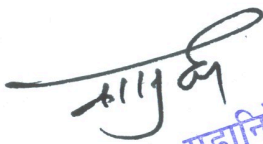
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4	AIR SWING		Material: Pre Galvanized Mild Steel/ Galvanized Iron Main Central pipe: not less than 100 mm NB (114mm OD) Pipe Swinging Paddle Pipe: more than 60 mm (OD) Swinging Support Platform : more than 100 mm (OD) and 10 mm thick MS/ GI Thickness of pipes: Not Less Than 3 mm. Footrest: Top Quality LLDPE/HDPE footrest with more than 5mm thickness. UV protected for 3 years and Lead free. Reinforced foot rests for extended life. Handle Frame of Swinging Platform : more than 30 mm (OD) Bearings: 62012 RS1 and 62052RS1, Permanent lubricated sealed bearing of reputed brand for maintenance free usage, Bearing Position: for swinging support pipe Fasteners: High Tensile SS with galvanized nut and bolts, circlips, pins for assembly. Base plate for fixing : 330 mm Dia and not less than 10 mm in thickness 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 cover : LLDPE / HDPE (UV-protected for 3 years and Lead free) and not less than 8 mm in thickness	1465 MM (Length) x 930 MM (Width) x 1360 MM (Heigh)	Emphasizes on the Front & Back Upper Leg Muscle exercises. It also assists in leg stretching and waist stretching.	


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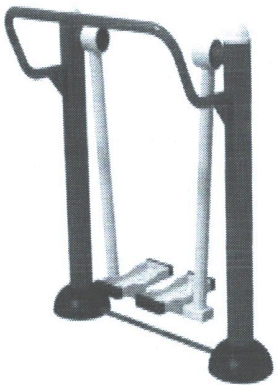
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 महानिर्देशक



REQUIRED SPECIFICATION FOR THE OPEN GYM EQUIPEMENTS

FY 2083/84

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5	AIR WALKER		Material: Pre Galvanized Mild Steel/ Galvanized Iron Two Adjacent Central pipe: more than 100 mm NB (114mm OD) Pipe Swinging Paddle Pipe: more than 60 mm (OD) Swinging Support Platform : more than 60mm (OD) and 10 mm thick MS/ GI Thickness of pipes: Not Less Than 3 mm. Footrest: Top Quality LLDPE/HDPE footrest with more than 5mm thickness. UV protected for 3 years and Lead free. Reinforced foot rests for extended life. Handle Frame Pipe : more than 30 mm (OD) Base plate for fixing : 330 mm Dia and not less than 10 mm in thickness Bearings: 62012 RS1 and 62052RS1, Permanent lubricated sealed bearing of reputed brand for maintenance free usage, Bearing Position: for Swinging Support Pipe Fasteners: High Tensile SS with galvanized nut and bolts, circlips, pins for assembly. Base plate for fixing : 330 mm Dia and not less than 10 mm in thickness 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 cover : LLDPE / HDPE (UV-protected for 3 years and Lead free) and not less than 8 mm in thickness	1285 MM (Length) x 510 MM (Width) x 1400 MM (Height)	This equipment emphasizes on stretching exercises. Improves physical performance, body balance, aerobic capacity & flexibility.	

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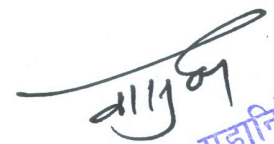
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6	CYCLE		Material: Pre Galvanized Mild Steel/ Galvanized Iron Main Central pipe: more than 80 mm NB (88.9 mm OD) Pipe Handle frame: more than 30 mm (OD) with PVC cover in grip zone. Thickness of pipes: Not Less Than 3 mm. Revolving paddles & Wheels: Heavy duty MS/ GI plate with more than 30 mm (OD) pipe welded together for the bearing connected foot pedals (top quality LLDPE/ HDPE more than 5mm thickness, reinforced for extended life). 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 more than 5 mm thickness effecitevely connected on frame. Bearings: 62012 RS1 and 62052RS1, Permanent lubricated sealed bearing of reputed brand for maintenance free usage. Bearing Position: For the revolving wheel and paddles. Fasteners: High Tensile SS with galvanized nut and bolts, circlips, pins for assembly. Base plate for fixing : 330 mm Dia and not less than 10 mm in thickness 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 cover : LLDPE / HDPE (UV-protected for 3 years and Lead free) and not less than 8 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.	


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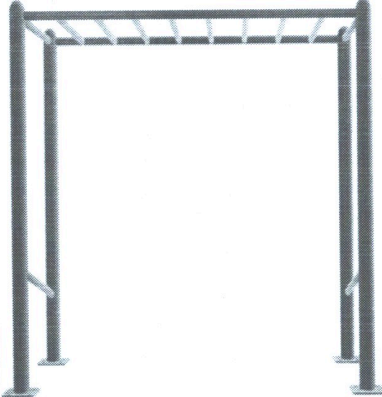
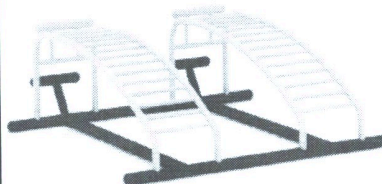


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7	BRIDGE LADDER		Material: Pre Galvanized Mild Steel/ Galvanized Iron Four Corner pipes: 100 mm NB (114mm OD) Pipe - 150 mm NB (164 mm OD) Pipe Sideways Parallel Support Pipe : more than 60 mm (OD) Thickness of pipes: Not Less Than 3 mm. Fasteners: High Tensile SS with galvanized nut and bolts, circlips, pins for assembly. Base plate for fixing : 250 mm Square and not less than 10 mm in thickness 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 cover : LLDPE / HDPE (UV-protected for 3 years and Lead free) and not less than 8 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 Two Adjacent pipes: 80mm NB (94 mm OD) -100 mm NB (114mm OD) Pipe Main Frame Pipe : more than 60 mm (OD) Support Frame Pipe : more than 40 mm (OD) Sit-up Board Frame Pipe : 30-40 mm (OD) Thickness of pipes: Not Less Than 3 mm. Fasteners: High Tensile SS with galvanized nut and bolts, circlips, pins for assembly. Base plate for fixing : 330 mm Dia and not less than 10 mm in thickness 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 cover : LLDPE / HDPE (UV-protected for 3 years and Lead free) and not less than 8 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.	

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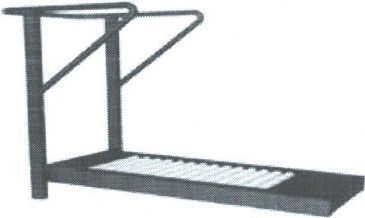
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9	TREADMIL		Material: Pre Galvanized Mild Steel/ Galvanized Iron Two Adjacent Central pipe: more than 100 mm NB (114mm OD) Pipe. Support Frame Pipe : more than 80 mm (OD) Handle Arm Pipe: more than 30 mm (OD) Base Platform : more than 80 mm Square 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, Bearing Position: For each and every rolling pipe/rod fitted in the base platform in both sides. Fasteners: High Tensile SS with galvanized nut and bolts, circlips, pins for assembly. Base plate for fixing : 330 mm Dia and not less than 10 mm in thickness 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 cover : LLDPE / HDPE (UV-protected for 3 years and Lead free) and not less than 8 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.	


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10	CHEST PRESS AND PUSH-PULL FITNESS CHAIR		Material: Pre Galvanized Mild Steel/ Galvanized Iron Main Central pipe: more than 100 mm NB (114mm OD) Pipe Support Frame Pipe : more than 80 mm (OD) Swing Arm Pipe: more than 30 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, Bearing Position: for all the hinge mechanism for both Chest Press and Push-pull chair Supprt pipe and Swing/Support Handle Pipes. Fasteners: High Tensile SS with galvanized nut and bolts, circlips, pins for assembly. Base plate for fixing : 330 mm Dia and not less than 10 mm in thickness 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 cover : LLDPE / HDPE (UV-protected for 3 years and Lead free) and not less than 8 mm in thickness	2170 MM (Length) x 820 MM (Width) x 2070 MM (Height)	The Chest Press Chair provides upper body strength exercises for Arms, Chest, Shoulders, Core Back and complete Torso. The Push & Pull Chair strengthens the Triceps, Biceps, Pectorals, and Deltoids in the pressing and pulling motion.	

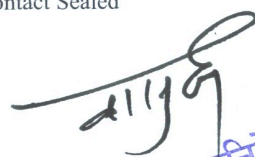
ABBREVIATION

Dia Diameter
SS Stainless Steel
HDPE High Density Poly Ethylene
LLDPE Linear Low Density Poly Ethylene
MM / mm Milimeter

MS Mild Steel
GI Galvanized Iron
NB Normal Bore
OD Outer Diameter
Flanged Outer Ring,
Contact Sealed
RS1


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Government of Nepal
Ministry of Health and Food Safety
Department of Ayurveda and Alternative Medicine
Teku, Kathmandu



FY 2083/84

REQUIRED SPECIFICATION FOR THE INFORMATION DISPLAY BOARD

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	PURPOSE	REMARKS
1	INFORMATION DISPLAY BOARD		Material: Pre Galvanized Mild Steel/ Galvanized Iron Two Adjacent Pipe: more than 100 mm NB (114mm OD) Pipe, 3048 mm of height above the ground level, Support pipe: more than 40 mm (OD), Sheet metal: 2135 mm(wide) x 915mm(height) rectangular sheet metal and 1-2 mm thick tin sheet metal for information display. Thickness of pipes: Not Less Than 3 mm. Base plate for fixing : 250 mm Square and not less than 10 mm in thickness Fasteners: High Tensile SS with galvanized nut and bolts, circlips, pins 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 cover : LLDPE / HDPE (UV-protected for 3 years and Lead free) and not less than 8 mm in thickness	This equipment emphasizes on the Leg and Lower Body Muscles.	
2	EQUIPMENT DETAIL DISPLAY BOARD		Material: Pre Galvanized Mild Steel/ Galvanized Iron Two Adjacent Pipe: more than 100 mm NB (114mm OD) Pipe, 2135 mm of height above the ground level, Support pipe: more than 40 mm (OD), Sheet metal: 1830 mm(wide) x 1524mm(height) rectangular sheet metal and 1-2 mm thick tin sheet metal for information display. Thickness of pipes: Not Less Than 3 mm. Display Information: Printed in Flex and layer over the sheet metal coated with 5mm thick uniform clear epoxy coating over it. Base plate for fixing : 250 mm Square and not less than 10 mm in thickness Fasteners: High Tensile SS with galvanized nut and bolts, circlips, pins 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 cover : LLDPE / HDPE (UV-protected for 3 years and Lead free) and not less than 8 mm in thickness	This information display board provide information about the different available open gym equipments.	

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महानिर्देशक

“मेरो स्वास्थ्य-मेरो जिम्मेवारी”

नागरिक आरोग्य कार्यक्रम

निरोगी नेपाल निर्माण अभियान तथा स्वस्थ जिवनको लागि
खुल्ला व्यायामशाला

(पालिकाको विवरण)



नेपाल सरकार

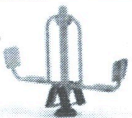
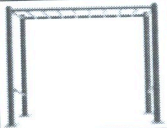
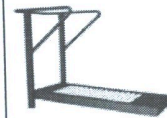
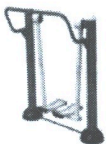
स्वास्थ्य तथा खाद्य स्वच्छता मन्त्रालय
आयुर्वेद तथा वैकल्पिक चिकित्सा विभाग
टेकु, काठमाडौं ।

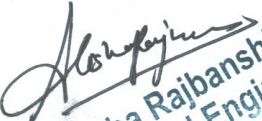



महानिदेशक


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S. N.	Equipment Image	Name of Equipment	Impact Information	S. N.	Equipment Image	Name of Equipment	Impact Information
1		LEG PRESS	यस उपकरणले खुट्टाको मांसपेशीहरूलाई बलियो बनाउँछ।	6		CYCLE	यस उपकरणले खुट्टाको मांसपेशीहरूलाई बलियो बनाउन, जोर्नीहरूको लचकता सुधार्न र तौल घटाउन मद्दत गर्दछ।
2		ARM & SHOULDER WHEEL	यस उपकरणले काँध, कुहना र नाडीका मांसपेशीहरू र जोर्नीहरूको व्यायाममा मद्दत गर्दछ।	7		BRIDGE LADDER	यस उपकरणले माथिल्लो शरीर, काँध, बाइसेप्स र हातको पकड बलियो बनाउन र पेटको मांसपेशी बनाउन मद्दत गर्दछ।
3		STANDING & SITTING TWISTER TRAINER	यस उपकरणले ढाड मेरुदण्डको संयुक्त व्यायाम गरी लचीलोपना बढाउँछ।	8		SIT-UP STATION DOUBLE	यस उपकरणले पेट, माथिल्लो खुट्टा र ढाडको मांसपेशीहरूको व्यायाममा मद्दत गर्दछ।
4		AIR SWING	यस उपकरणले खुट्टाको मांसपेशी र कमरको मांसपेशीको व्यायाममा मद्दत गर्दछ।	9		TREADMIL	यस उपकरणले कार्डियोभास्कुलर व्यायाम गर्न, मुटुको स्वास्थ्य सुधार गर्न, तल्लो जोर्नीको लचकता बढाउन र तौल घटाउन मद्दत गर्दछ।
5		AIR WALKER	यस उपकरणले शरीरको लचकता, सन्तुलन र एरोबिक क्षमता सुधार गर्दछ।	10		CHEST PRESS AND PUSH-PULL FITNESS CHAIR	चेष्ट प्रेस कुर्सीले शरीरको हात, छाती, काँध, ढाड र टर्सो क्षेत्रको व्यायाम द्वारा शक्ति बढाउँछ। पुश-पुल कुर्सीले ट्राइसेप्स, बाइसेप्स, पेटोरल्लस र डेल्टोइड्स मांसपेशीहरूलाई बलियो बनाउँछ।

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