



“औद्योगिक, पर्यटकीय र हरित नगर, स्वच्छ, सुरक्षित र समृद्ध नगर”

## दमक नगरपालिका

नगर कार्यपालिकाको कार्यालय



प.सं.: ०८२/८३/योजना  
च.नं. ३१६५

फोन: ०२३-५८००४४, ५८०१३७, ५८०५०२  
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मिति: २०८२/०९/२९

**विषय:** लागत अनुमान तयारी प्रयोजनका लागि दररेट पेश गर्नुहन ।

श्री सूचीकृत फर्म/कम्पनी/संस्थाहरु  
सबै ।

चालु आ.व. ०८२/८३ को वार्षिक स्वीकृत कार्यक्रम अन्तर्गत खुला व्यायामशाला (Open Gym) निर्माण बजेट विनियोजन भएका आयोजनाहरूको खरिद प्रक्रिया अगाडि बढाउनका लागि लागत अनुमान आवश्यक पर्ने भएको र सो आइटमहरूको जिल्ला दररेटमा दर उल्लेख नभएको अवस्थामा सार्वजनिक सूचना आव्हान गरी दररेट माग गरी सो को आधारमा निर्धारित विधिद्वारा लागत अनुमान तयारी गर्नुपर्ने कानूनी व्यवस्था भएको हुँदा यसै सूचनाका साथ स्पेशिफिकेसन बमोजिमको सामाग्रीहरू के कति दररेट मा उपलब्ध गराउन सकिन्छ? भन्ने विवरण खुलाई तपशिल बमोजिमको मितिसम्ममा दररेट पेश गरी सहयोग गरिदिनु हुन यस नगरपालिकामा यस प्रकृतिका सामाग्रीहरू सप्लाई/निर्माण गर्ने गरी सूचीकृत भएका सबै फर्म/कम्पनी/संस्थाहरूलाई अनुरोध छ । सूचीकृत नभएका फर्म/कम्पनी/संस्थाहरूले सूचीकृत हुने प्रक्रिया पूरा गरी दररेट पेश गर्न सक्नुहोनेछ ।

यसरी दररेट प्राप्त भई लागत अनुमान तयारी भइसकेपश्चात् मात्र पुनः सूचना प्रकाशन गरी खरिद प्रक्रिया अगाडि बढाइने व्यहोरा समेत जानकारीका लागि अनुरोध छ ।

- दररेट पेश गर्ने अन्तिम मिति: २०८२/१०/०८ गते कार्यालय समयभित्र ।
- पेश गर्ने विधि: कार्यालयमा उपस्थित भएर वा इमेल मार्फत [info@damakmun.gov.np](mailto:info@damakmun.gov.np) वा [damakyojana@gmail.com](mailto:damakyojana@gmail.com) मा ।
- दररेट साथ संलग्न राख्नुपर्ने कागजातहरू:
  - यस नगरपालिकामा सूचीकृत भएको निस्सा प्रमाण
  - कम्पनी/फर्म दर्ता प्रमाणपत्रको प्रतिलिपि
  - भ्याट दर्ता प्रमाणपत्रको प्रतिलिपि
  - आ.व. ०८१/८२ को करचुक्ता प्रमाणपत्रको प्रतिलिपि
- थप जानकारीका लागि: Email: [damakyojana@gmail.com](mailto:damakyojana@gmail.com), Phone/WhatsApp: 9842749060, 9814914719

सुनिल गिरोला  
प्रमुख प्रशासकीय अधिकृत  
२०२३-१४८८


  
**Damak Municipality**  
**Office of the Municipal Executive**

Damak, Jhapa, Koshi Province, Nepal

४  
**सुचिल निरौला**  
**प्रमुख प्रशासकीय अधिकृत**

**Market Rate Request Form for Cost Estimate Preparation**

(Refer to the Specification sheet for the detailed specification with photo figure.)

<b>SN</b>	<b>Items Name</b>	<b>Rate</b>	<b>Remarks</b>
1	Double elliptical		
2	Shoulder joint		
3	3 people walker		
4	Double surfboard		
5	Single ride		
6	Double set-up board		
7	Horizontal bars (pull up)		
8	Double lat pull		
9	Three side twister		
10	Balance board		
11	Push up (chest press)		
12	Double spinner		
13	Double row machine		
14	Outdoor playstation		
15	Merry-go-round		
16	Double swing		

Signature of authorized representative: .....

Supplier firm/company name:

Stamp of the firm/company:

**TECHNICAL SPECIFICATION OF OUTDOOR GYM AND PLAYING EQUIPMENTS.**

S.no	ITEMS	DETAIL SPECIFICATION	REMARKS
1	<b>Double Elliptical</b> 	<p><b>Benefit:</b> The Elliptical Machine delivers cardiovascular benefits through climbing / running motion. The exercise avoids the impact stress runners often experience on feet, knees, hips, and lower back. (Available as both single and double units.)</p> <ul style="list-style-type: none"> <li>• Type: Double units</li> <li>• Over all Dimensions: 1400mm height, 950 length, 1400mm width.</li> <li>• Pipe Type: NB B class G.I</li> <li>• Base pipe: 40mm dia &amp; 1.5 mm thick</li> <li>• Handle: 25mm dia &amp; 1.5 mm thick</li> <li>• Main Frame: 25mm x 50mm square pipe &amp; 1.5 mm thick</li> <li>• Base plate: 260mm x 260mm &amp; 6mm thick</li> <li>• Bearing: 50mm 14 piece</li> <li>• Bearing hub: 50mm</li> <li>• No of Footrest: 4</li> <li>• Footrest: 350mm x 165mm</li> <li>• Footrest material: LLDPE</li> <li>• Handle Grip: 4 pieces</li> <li>• Handle grip material: Rubber</li> <li>• Joint: Welded/ Bolted</li> <li>• Paint: Primer and 60-micron Power coating Polyester.</li> </ul>	
2	<b>Shoulder Joint</b> 	<p><b>Benefit:</b> Consists of four large rotary wheels with adjustable resistance. Two wheels can be turned in different directions by each user, exercising the full flexibility around the shoulder and its many muscles groups.</p> <ul style="list-style-type: none"> <li>• Type: Two wheels.</li> <li>• Over all Dimensions: 1520mm Height, 1000mm length, 1200mm width.</li> <li>• Pipe Type: NB B class G.I</li> <li>• Main foundation pipe: 114 dia, &amp; 1.5 mm thick</li> <li>• Handle: 4 handle.</li> <li>• Handle radius: 450mm outer, 280mm inner,</li> <li>• Handle pipe size: 25mm &amp; 1.5 mm thick</li> <li>• Handle height from base: a) 1400mm b) 1150mm</li> <li>• Handle base pipe side: 35mm &amp; 1.5 mm thick</li> <li>• Joint: Welded/ Bolted</li> </ul>	

		<ul style="list-style-type: none"> <li>• <b>Paint: Primer and 60-micron Power coating Polyester.</b></li> </ul>
3	<b>3 people Walker</b> 	<p><b>Benefit:</b> Exercises the heart, legs and core ,Improves balance and coordination, Improves physical literacy</p> <p>Gives an excellent cardiovascular workout.</p> <ul style="list-style-type: none"> <li>• Type: 3 People walker</li> <li>• Over all Dimensions: 1575mm height, 3050mm length, 1200mm width</li> <li>• Pipe Type: NB B class G.I</li> <li>• Total pole: 4 pole</li> <li>• Main frame pipe: 114mm dia &amp; 1.5 mm thick.</li> <li>• Main frame pipe to pipe distance: 1020mm</li> <li>• Handle support pipe: 35mm &amp; 1.5 mm thick</li> <li>• Foot height from base: 800mm</li> <li>• Bearing nos: 6</li> <li>• Bearing: 75mm</li> <li>• Bearing hub: 114mm</li> <li>• Shaft: 175mm &amp; 35mm thick</li> <li>• No of Footrest: 6</li> <li>• Footrest: 350mm x 165mm</li> <li>• Footrest material: LLDPE</li> <li>• Joint: Welded/ Bolted</li> <li>• Paint: Primer and 60-micron Power coating Polyester.</li> </ul>
4	<b>Double Surfboard</b> 	<p><b>Benefit:</b> The Double Surf Board targets the muscles of the waist, promoting improve flexibility and over all body coordination. It also engages the spine and hips, resulting in strengthened muscles in those areas. Lower body exercises on this equipment can improve balance and aid in fat loss.</p> <ul style="list-style-type: none"> <li>• Type: Double Surfboard</li> <li>• Over all Dimensions: 1575 mm height, 950 length, 900 width.</li> <li>• Pipe Type: NB B class G.I</li> <li>• Main frame pipe: 114mm dia &amp; 1.5 mm thick.</li> <li>• Handle support pipe: 25mm &amp; 1.5 mm thick</li> <li>• Handle: 915mm</li> <li>• Stand: 950mm</li> <li>• Stand pipe: 35mm dia &amp; 1.5 mm thick.</li> <li>• Handle grip: 120mm long ,rubber</li> <li>• Handle grip nos: 4</li> <li>• Bearing nos: 2</li> <li>• Bearing: 75mm</li> <li>• Bearing hub: 114mm</li> <li>• Shaft: 175mm &amp; 35mm thick</li> </ul>

		<ul style="list-style-type: none"> <li>• <b>No of Footrest: 2</b></li> <li>• <b>Footrest material: G.I</b></li> <li>• <b>Footrest base size: 360mm*300mm &amp; 1.5mm thick</b></li> <li>• <b>Joint: Welded/ Bolted</b></li> <li>• <b>Paint: Primer and 60-micron Power coating Polyester.</b></li> </ul>	
5	<b>Single Ride</b>  	<p><b>Benefit:</b> The Fun Rider prompts cardiovascular benefits using a rowing motion. The apparatus promotes strengthening of the biceps, latissimus dorsi, and rear deltoids in the pulling motion, while also developing cardiovascular fitness.</p> <ul style="list-style-type: none"> <li>• <b>Type: Single Ride</b></li> <li>• <b>Over all Dimensions: 1400 mm height, 850 length, 900 width.</b></li> <li>• <b>Pipe Type: NB B class G.I</b></li> <li>• <b>Main frame pipe: 114mm dia &amp; 1.5 mm thick.</b></li> <li>• <b>Support Frame: 50 mm dia &amp; 1.5 mm thick.</b></li> <li>• <b>Foot pipe: 25mm dia &amp; 1.5 mm thick.</b></li> <li>• <b>Seat base pipe: 35 mm dia &amp; 1.5 mm thick.</b></li> <li>• <b>Seat size: 300mm*225mm</b></li> <li>• <b>Seat material: LLDPE</b></li> <li>• <b>Handle grip: 120mm long ,rubber</b></li> <li>• <b>Handle grip nos: 4</b></li> <li>• <b>Bearing nos: 2</b></li> <li>• <b>Bearing: 75mm 2, 35mm 2</b></li> <li>• <b>Bearing hub: 114mm 2, 50mm 2</b></li> <li>• <b>Shaft: 175mm &amp; 35mm thick</b></li> <li>• <b>Joint: Welded/ Bolted</b></li> <li>• <b>Paint: Primer and 60-micron Power coating Polyester.</b></li> </ul>	
6	<b>Double Set up board</b>  	<p><b>Benefit:</b> Exercises improve the strength of the abdominal muscles and the flexor group of muscles of the hip and upper thigh.</p> <ul style="list-style-type: none"> <li>• <b>Type: Double Setup Board</b></li> <li>• <b>Over all Dimensions: 915 mm height, 1525 length, 900 width.</b></li> <li>• <b>Pipe Type: NB B class G.I</b></li> <li>• <b>Main frame pipe: 114mm dia &amp; 1.5 mm thick.</b></li> <li>• <b>Support Frame: 50 mm dia &amp; 1.5 mm thick.</b></li> <li>• <b>Foot pipe: 25mm dia &amp; 1.5 mm thick.</b></li> <li>• <b>Setup board size: 430mm*1140mm</b></li> <li>• <b>Handle grip: 120mm long ,rubber</b></li> <li>• <b>Handle grip nos: 8</b></li> <li>• <b>Joint: Welded/ Bolted</b></li> <li>• <b>Paint: Primer and 60-micron Power coating Polyester</b></li> </ul>	



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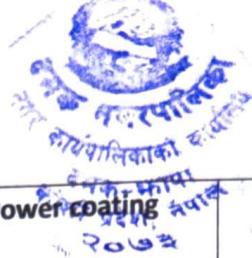
		Polyester.	
7	<b>Horizontal Bars (pull up)</b>  	<p><b>Benefit:</b> Associated with chin-ups, an essential strength exercise and test of strength to weight ratio. The bars are also used for shoulder and arm stretching, improving the grip, hanging leg lifts and to stretch the lower back.</p> <ul style="list-style-type: none"> <li>• Type: 3 pull up</li> <li>• Over all Dimensions: 2750 mm height, 4600 length, 850 width.</li> <li>• Pipe Type: NB B class G.I</li> <li>• Main frame pipe: 114mm dia &amp; 1.5 mm thick.</li> <li>• Pole Size: 3 pole 2750mm height, 1 pole 2285 mm height.</li> <li>• Hanging pipe size: 35mm dia &amp; 1.5 mm thick.</li> <li>• Distance between pole: 1525mm</li> <li>• Joint: Welded/ Bolted</li> <li>• Paint: Primer and 60-micron Power coating Polyester.</li> </ul>	
8	<b>Double Lat Pull</b>  	<p><b>Benefit:</b> The Lat Pull Down provides two side-by side exercise stations. The equipment delivers basic muscle toning and strengthening self-weighted exercises for the upper body Latium's dorsi, shoulders and back.</p> <ul style="list-style-type: none"> <li>• Type: Double Lat pull</li> <li>• Over all Dimensions: 2430 mm height, 1000 length, 850 width.</li> <li>• Pipe Type: NB B class G.I</li> <li>• Main frame pipe: 114mm dia &amp; 1.5 mm thick.</li> <li>• Support frame pipe: 50mm dia &amp; 1.5 mm thick.</li> <li>• Double Base frame pipe: 50mm dia &amp; 1.5 mm thick.</li> <li>• Main pole distance: 430mm</li> <li>• Handle pipe: 25mm dia &amp; 1.5 mm thick.</li> <li>• Handle distance: 760mm</li> <li>• Handle grip: 120mm long ,rubber</li> <li>• Handle grip nos: 4</li> <li>• Bearing nos: 16</li> <li>• Bearing: 75mm 4, 35mm 4, 25mm 8</li> <li>• Bearing hub: 114mm 4, 50mm 4, 30mm 8</li> <li>• Shaft: 125mm &amp; 35mm thick</li> <li>• Seat type: LLDPE with back rest</li> <li>• Seat size: 300mm*225mm , back rest 250mm*200mm</li> <li>• Joint: Welded/ Bolted</li> <li>• Paint: Primer and 60-micron Power coating Polyester.</li> </ul>	

9	Three side Twister	<p><b>Benefit:</b> Features three positions combining the sitting rotators. Stretches the obliques and abdominal muscles and serves to align the spine and lower back.</p> <ul style="list-style-type: none"> <li>• Type: Three side twister</li> <li>• Over all Dimensions: 1525 mm height, 1050 length, 1050 width.</li> <li>• Pipe Type: NB B class G.I</li> <li>• Main frame pipe: 114mm dia &amp; 1.5 mm thick.</li> <li>• Support frame pipe: 50mm dia &amp; 1.5 mm thick.</li> <li>• Handle: 3</li> <li>• Handle grip: 120mm long ,rubber</li> <li>• Handle grip nos: 6</li> <li>• Twister : 280mm dia</li> <li>• Twister material: LLDPE</li> <li>• Handle pipe: 25mm dia &amp; 1.5 mm thick.</li> <li>• Handle distance: 810mm</li> <li>• Bearing nos: 3</li> <li>• Bearing: 75mm</li> <li>• Bearing hub: 114mm</li> <li>• Joint: Welded/ Bolted</li> <li>• Paint: Primer and 60-micron Power coating Polyester.</li> </ul>	
10	Balance board	<p><b>Benefit:</b> Challenges balancing skills and requires constant motor adjustments of the legs and arms as the length of the balance system is negotiated.</p> <ul style="list-style-type: none"> <li>• Type: Balance board</li> <li>• Over all Dimensions: 1825 mm height, 1050 length, 850 width.</li> <li>• Pipe Type: NB B class G.I</li> <li>• Main frame pipe: 114mm dia &amp; 1.5 mm thick.</li> <li>• Handle pole: 50mm dia &amp; 1.5 mm thick.</li> <li>• Handle distance: 1015mm* 815mm</li> <li>• Hanging pipe: 35mm dia &amp; 1.5 mm thick.</li> <li>• Hanging: 2 side</li> <li>• Footrest Base: 300mm* 900mm</li> <li>• Hanging height: 800mm</li> <li>• Handle height : 1000mm</li> <li>• Bearing nos: 4</li> <li>• Bearing: 25mm</li> <li>• Bearing hub: 35mm</li> <li>• Joint: Welded/ Bolted</li> <li>• Paint: Primer and 60-micron Power coating Polyester.</li> </ul>	



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11	<b>Push Up (Chest press)</b> 	<p><b>Benefit:</b> The Chest Press is a heavy gauge steel, self-weighted machine built to support a vigorous workout for up to two people. This equipment hosts one of the most basic and effective upper body strength exercises.</p> <ul style="list-style-type: none"><li>• Type: Double Lat pull</li><li>• Over all Dimensions: 2430 mm height, 1000 length, 850 width.</li><li>• Pipe Type: NB B class G.I</li><li>• Main frame pipe: 114mm dia &amp; 1.5 mm thick.</li><li>• Support frame pipe: 50mm dia &amp; 1.5 mm thick.</li><li>• Double Base frame pipe: 35mm dia &amp; 1.5 mm thick.</li><li>• Main pole distance: 430mm</li><li>• Handle pipe: 35mm dia &amp; 1.5 mm thick.</li><li>• Handle distance: 760mm</li><li>• Handle grip: 120mm long ,rubber</li><li>• Handle grip nos: 4</li><li>• Bearing nos: 22</li><li>• Bearing: 75mm 4, 35mm 8, 25mm 10</li><li>• Bearing hub: 114mm 4, 50mm 8, 30mm 10</li><li>• Shaft: 125mm &amp; 35mm thick</li><li>• Seat type: LLDPE with back rest</li><li>• Seat size: 300mm*225mm , back rest 250mm*200mm</li><li>• Joint: Welded/ Bolted</li><li>• Paint: Primer and 60-micron Power coating Polyester.</li></ul>
12	<b>Double Spinner</b> 	<p><b>Benefit:</b> Consists of Two large rotary wheels with adjustable resistance. Wheels can be turned in different directions by each user, exercising the full flexibility around the shoulder and its many muscles groups.</p> <ul style="list-style-type: none"><li>• Type: Double Spinner</li><li>• Over all Dimensions: 2750 mm height, 1050 length, 850 width.</li><li>• Pipe Type: NB B class G.I</li><li>• Main frame pipe: 114mm dia &amp; 1.5 mm thick.</li><li>• Support frame pipe: 50mm dia &amp; 1.5 mm thick.</li><li>• Double Base frame pipe: 35mm dia &amp; 1.5 mm thick.</li><li>• Ring Nos: 2</li><li>• Ring size: 450mm dia &amp; 1.5 mm thick.</li><li>• Ring pipe size: 25mm dia &amp; 1.5 mm thick.</li><li>• Bearing nos: 2</li><li>• Bearing: 35mm</li><li>• Bearing hub: 50mm</li><li>• Joint: Welded/ Bolted</li></ul>



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		<ul style="list-style-type: none"><li>Paint: Primer and 60-micron Power coating Polyester.</li></ul>	
13	Double Row machine	<p><b>Benefit:</b> This equipment Exercises the arms, legs and core.</p> <p><b>Improves balance, coordination and flexibility.</b> Provides a cardiovascular workout.</p> <p><b>Suitable for 1 or 2 users.</b></p> <ul style="list-style-type: none"><li>Type: Double Row Machine</li><li>Over all Dimensions: 900 mm height, 2650 length, 850 width.</li><li>Pipe Type: NB B class G.I</li><li>Main frame pipe: 75mm*50mm &amp; 1.5 mm thick.</li><li>Seat frame pipe: 50mm*50mm &amp; 1.5 mm thick.</li><li>Support frame pipe: 50mm dia &amp; 1.5 mm thick.</li><li>Double Base frame pipe: 35mm dia &amp; 1.5 mm thick.</li><li>Handle: 2</li><li>Handle pipe size: 35mm dia &amp; 1.5 mm thick.</li><li>Handle height: 750mm</li><li>Handle distance: 815mm</li><li>Handle grip: 120mm long ,rubber</li><li>Handle grip nos: 4</li><li>Bearing nos: 16</li><li>Bearing: 75mm 8, 25mm 8</li><li>Bearing hub: 114mm 4, 30mm 10</li><li>Shaft: 125mm &amp; 35mm thick</li><li>Seat type: LLDPE with back rest</li><li>Seat size: 300mm*225mm , back rest 250mm*200mm</li><li>No of Footrest: 4</li><li>Footrest: 350mm x 165mm</li><li>Footrest material: LLDPE</li><li>Joint: Welded/ Bolted</li><li>Paint: Primer and 60-micron Power coating Polyester.</li></ul>	
14	Outdoor Play Station	<ul style="list-style-type: none"><li>Over all Dimension: 3175 mmx5280mmx 2490 mm.</li><li>Spiral Slide Height: 1220 mm</li><li>Spiral Slide Base: 530 mm</li><li>Ladder Height: 915 mm</li><li>Ladder Length: 1220mm</li><li>Ladder Width: 530mm</li><li>Ladder step: 5 steps</li><li>Ladder Step height: 150mm</li><li>Ladder Step base: 180mm</li><li>Ladder Handle: 560 mm</li></ul>	



		<ul style="list-style-type: none"><li>• Ladder Pipe: M.S</li><li>• Ladder Pipe Size: 0.75 mm.</li><li>• Pillar Size: 915x915mm</li><li>• Pillar Pipe: MS round</li><li>• Pillar Height: 2740mm</li><li>• Straight sliding platform-810mmx810mm</li><li>• Base Plate-1.8mm.</li><li>• Roof fiver: 4 mm</li><li>• Roof size: 915x915mm.</li><li>• Double Slider: 810mmx1725mm</li><li>• Double Slider height :915mm</li><li>• Double slider Thickness of Fiber: 4 mm.</li><li>• Rope Climbing-Plat form 12*72 inch/Length 66 *48 inch.</li><li>• Paint: Powder Coated</li></ul>	
15	Merry Go round 	<ul style="list-style-type: none"><li>• Diameter: 1445mm</li><li>• Seat-8 seat</li><li>• Seat Size: 300x280mm</li><li>• Base Frame:750mmx750mm</li><li>• Base plate Diameter: 1015mm</li><li>• Handle: Round</li><li>• Handle diameter: 480mm</li><li>• Bearing: Double Bearing System</li><li>• Bearing Size: 6212 NS</li><li>• Material: MS</li><li>• Pipe Size: 0.75 mm</li><li>• Pipe Type: Round Pipe For seat support and Handle</li></ul>	
16	Double Swing 	<ul style="list-style-type: none"><li>• Height: 3300mm</li><li>• Pole pipe diameter: 75mm</li><li>• Pipe Thickness-1.8mm</li><li>• Pole Distance: 915mm</li><li>• Seat type: Rubber</li><li>• Seat size: 175x430mm</li><li>• Swing Chain material :S.S</li><li>• Swing Chain Size: 5 mm</li></ul>	