

# जीवाजी विश्वविद्यालय, ग्वालियर

क्रमांक/स्टोर/23//

दिनांक 9-2-23

## सीमित निविदा सूचना

जीवाजी विश्वविद्यालय के खेल परिसर में ऑपन जिम हेतु निम्न उपकरणों की आवश्यकता है।

S.No	Particular	Quantity
1.	<b>Health Walker - Function</b> : Hip and ankle joints , strengthen the flexibility of muscles group and enhance the cardiopulmonary function . <b>Instruction</b> : Holds the handle with hands , step on the two footboards , move two legs back and forth simultaneously and continuously. <b>Specifications</b> : GI Main pipe Dia - 114mm . , Thickness - 3mm Base plate Dia - 200mm . , Thickness - 10mm . Powder coating	01
2.	<b>Mini Ski - Function</b> : Activate and strengthen the waist joints , enhance the cardiopulmonary function . <b>Instructions</b> : Step on the footboard , hold the two handles , utilized the strength of waist to move the legs like a pendulum . <b>Specifications</b> : GI Main pipe Dia - 114mm . , Thickness - 3mm , Base plate Dia - 200 mm . , Thickness - 10 mm . Powder coating	01
3.	<b>Dual Sky Stepper - Function</b> : Activate upper and lower limbs and waist joints ; strengthen the flexibility of the muscles group and the cardiopulmonary function . <b>Instruction</b> : Hold the two handles and step on the two footboards , push and pull the handles repeatedly with the feet simulating sliding . <b>Specifications</b> : GI Main pipe Dia - 114mm . , Thickness - 3mm Base plate Dia - 200 mm. Thickness - 10 mm. Powder coating	01
4.	<b>Triple Twister - Function</b> : Train waist joints and enhances their flexibility and the cardiopulmonary function . <b>Instruction</b> : Hold the handrail with both hands (distance between hands same as distance between shoulders ) and stand on turn - disc , lean upper body forward slightly and twist the lower body clockwise and anticlockwise . <b>Specifications</b> : GI Main pipe Dia - 114mm . , Thickness - 3mm Base plate Dia - 200 mm. , Thickness - 10 mm. Powder coating	01
5.	<b>Pull Down Challenger - Function</b> : Enhance the muscles strength of upper limbs , chest and the back. <b>Instruction</b> : Sit on the seat planed with facing inward or outward , hold the pull down the handles , hold a moment and the return slowly to original position . Repeat the cycle . <b>Specifications</b> : GI Main pipe Dia - 114mm . , Thickness - 3mm Base plate Dia - 200 mm . , Thickness - 10 mm . Powder coating	01
6.	<b>Power Push - Function</b> : Enhance the muscles strength of upper limbs and the back . <b>Instruction</b> : Sit on the sit plank , hold and push the handle , hold a moment and the return slowly to original position . Repeat the cycle . <b>Specifications</b> : GI Main pipe Dia - 114mm . , Thickness - 3mm Base plate Dia - 200 mm . , Thickness - 10 mm . Powder coating	01
7.	<b>Rower - Function</b> : Enhance the muscles strength of upper & lower limbs , chest and abdomen . <b>Instructions</b> : Sit steadily on seat plank tread on footrest , and pull the handles	01

	likeroing aboat . <b>Specifications</b> : GI Main pipe Dia - 114mm . , Thickness - 3mm Base plate Dia - 200mm . , Thickness - 10mm . Powder coating	
8.	<b>Leg press - Function</b> : Train waist , abdomen joints and lowerbody , enhance their flexibility , leg power and cardiopulmonary function . <b>Instructions</b> : Sit on the seat plank tread onto the footboards and stretch the legs , hold a moment at the max stretch then release the stretch slowly . Repeat the actions . <b>Specifications</b> : GI Main pipe Dia - 114mm . , Thickness - 3mm Base plate Dia - 200mm . , Thickness - 10mm . Powder coating	01
9.	<b>Cross trainer - Function</b> : Activate upper and lower limbs and waist joints , strengthen the flexibility of the muscles group and the cardiopulmonary function . <b>Instructions</b> : Hold the two handles and step on the two footboards , push and pull the handles repeatedly with the feet simulating sliding . <b>Specifications</b> : GI Main pipe Dia - 114mm . , Thickness - 3mm Base plate Dia - 200mm . , Thickness - 10mm . Powder coating	01
10.	<b>Stepper with twister - Function</b> : Stepper : The stepper provides an effective cardiovascular exercise . It helps to strengthen muscles of calves and thighs , and to improve coordination and Flexibility of joints . Waist Twister : This apparatus is beneficial to the muscle groups of waist and back while rotating <b>Instructions</b> : Stepper : Hold the handle with both hands while standing on the pedals , Then step up and down repeatedly . Waist Twister : Hold the black handles with both hands while keeping your feet steadily on the rotating disc . Then , move your waist from left to right and right to left repeatedly . <b>Specifications</b> : GI Main pipe Dia - 114mm . , Thickness - 3mm Base plate Dia - 200mm . , Thickness 10mm . Powder coating	01

अतः इच्छुक प्रदायकर्ता फर्म अपनी निविदा सील बंद लिफाफे में " ऑपन जिम हेतु उपकरण प्रदाय हेतु निविदा (स्टोर)" अंकित कर स्पीड पोस्ट से दिनांक 21-2-23 तक कुलसचिव, जीवाजी विश्वविद्यालय, ग्वालियर के नाम भेज सकते हैं। निविदा को स्वीकार/अस्वीकार करने का अधिकार कुलसचिव को है।

  
कुलसचिव

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