

## Himachal Pradesh Public Works Department

Sealed item rate tenders are hereby invited on PWD form no. 6 & 8 by the Executive Engineer, National Highway Division, H.P. PWD, Joginder Nagar District Mandi (H.P) for and on behalf of Governor of H.P. for following works, from the approved & eligible contractors enlisted in HP.P.W.D. in the appropriate class so as to reach in the office on or before 06.08.2021 up to 10.30 A.M. and will be opened on the /same day at 11:00 A.M. in the presence of intending contractors or their authorized/ representative, who wish t/o be present at the time of opening of tender. The application for issue of tender document could be received upto 07.08.2021 upto 3:00 P.M. from this office against cash payment(Non-refundable)and tender document will be issued on 09.08.2021 up to 3:00 P.M. The offer of the tender shall be kept open for 120 days.

Sr. No.	Name of Work	Estimated Cost	Earnest Money	Time allowed	Cost of form
1.	Restoration of damages caused due to laying of OFC on PCM road NH 154 Km. 11/200 to 208/0 (SH:- Construction of Rain shelter at Aihju at Km. 138/400)	1,65,703.00	3300.00	One Month	350/-

### TERMS AND CONDITIONS :-

- The earnest money in the shape of National saving certificate/Time deposit account/ F.D.R./saving account in any post office in H.P. duly pledged in favour of Executive Engineer N.H. HPPWD Joginder Nagar must accompany with each tender.
- The tender received without earnest money and conditional/Telegraphic tender will summarily be rejected.
- The contractor shall accompany his enlistment/renewal order with his application for obtaining the tender documents.
- Executive Engineer Reserves the right to reject the tender without assigning any reason.
- The work will be completed by the contractor within stipulated period.
- Tender form will not be issued to those contractor who are not registered under HPGST Act-1968 & photocopy of individual PAN No. allotted to them shall be attached with their application at the time of applying for tender document. Application will not be entertained without aforesaid document.
- The contractor shall have to register his labour from the competent authority under contract Act 1970.
- The contractor/firms are required to insert the rate of each item in words as well as in figures failing which Executive Engineer reserves the right to accept/rejects any or all tenders.
- The tender forms shall be issued to only those contractor/firms who are found eligible suitable and competent.
- The tender forms of soling wearing and tarring shall be issued only to those contractors who will produce proper documents of ownership of required machinery and completion certificate of similar nature of work issued by the concerned Executive Engineer.
- Bitumen for patch work/Pot holes repair shall be arranged by the contractor himself and contractor/firms having necessary documents of past experience shall be preferred.
- If it happens to be holiday on the date of opening of tenders, the tender shall be opened on next working day.
- The contractor should have experience of similar nature of work executed to 50% of estimated cost.

Executive Engineer,  
National Highway Division,  
HP.PWD. Joginder

## HIMACHAL PRADESH PUBLIC WORKS DEPARTMENT

### E-Procurement Notice

#### INVITATION FOR BIDS (IFB)

The Executive Engineer HPPWD Division, Kotla Behar Distt Kangra H.P on behalf of Governor of H.P invites the online bids on item rate, in electronic tendering system, in 2 Cover System for the under mentioned works from the eligible and approved contractors/Firms registered with HPPWD Department.

Sr No.	Name of Work	Estimated Cost	EMD(RS)	Form Cost	Starting date of downloa -dig	Deadline for Time submission limit of bid
1	Periodical renewal on Chamukha Bangana Road (SH:- Providing and laying 30mm thick bituminous Concrete in km 19/0 to 20/0 (HP04-12 VR 00711340 ) Under Performance based financial incentive )	948160	19000	350	26.07.2021 10.00 HRS	02.08.2021 One 17.00 HRS Months
2	C/O Link Road from Gurala to Upper Dukki (SH:- C/O r/wall at Rd 0/0 to 0/020 0/045 to 0/065 and 0/240 to 0/250 ) Deposit work	768006	15400	350	26.07.2021 10.00 HRS	02.08.2021 Three 17.00 HRS Months
3	Improvement of Nangal Chowk to Jambal Bassi Road km 0/0 to 6/500 (SH:- P/L Cement Concrete Pavement at Rd 0/503 to 0/594 , 1/555 to 1/586 ,3/441 to 3/471 and 80mm thick interlocking paver block at Rd 5/979 to 6/053 ) Under Industrial corridor	1719157	14400	500	26.07.2021 10.00 HRS	02.08.2021 Three 17.00 HRS Months
4	C/O Kanol to Dhounta Road Km 0/0 to 3/300 (Sh:- C/O PCC Drain along with wedge walls at various Rds in km 0/0 to 1/0	795825	16000	350	26.07.2021 10.00 HRS	02.08.2021 Three 17.00 HRS Months
5	Preventive Maintenance for the year 2021-22 on Kaloha Nehran Pukhar Dhaliara Dada Siba Terrace Road (SH:- Providing and laying Type -III (6-8mm Thick) Micro Surfacing layer in km 3/0 to 3/0 HP0412MDR046	1783518	34300	500	26.07.2021 10.00 HRS	02.08.2021 One 17.00 HRS Months
6	Preventive Maintenance for the year 2021-22 on Kaloha Nehran Pukhar Dhaliara Dada Siba Terrace Road (SH:- Providing and laying Type -III (6-8mm Thick) Micro Surfacing layer in km 5/570 to 5/860 and 5/860 to 6/0 HP0412MDR046	974304	19500	350	26.07.2021 10.00 HRS	02.08.2021 Three 17.00 HRS Months

The Bidders are advised to note other details of tender form the department website .www.hptenders.gov in ) ( Date of opening/Submission of tender 03.08.2021 (11.30 ) Am

Executive Engineer  
HPPWD Division Kotla behar  
Distt Kangra H.P on behalf of Governor of Himachal Pradesh  
HIM LOK SAMPARK

## खाने के बाद एक्सरसाइज...

कि

सी भी तरह की एक्सरसाइज को करने के लिए शरीर को एनर्जी चाहिए होती है। लेकिन एक्सरसाइज करने से पहले खाना खाने से आप परहेज करते हैं। अक्सर कहा जाता है खाना खाने के आंधे घंटे तक इधर-उधर न कूदें क्योंकि इससे मांसपेशियों में ऐंठन हो जाती है। आप एक्सरसाइज करने के 30 से 40 बाद अधिक कार्बोहाइड्रेट और कम फैट वाली चीजें खा सकते हैं। ये कार्बोहाइड्रेट आसानी से पच जाता है और एनर्जी देने में मदद करता है। आप नाश्ते में केला, पीनट बटर, टोस्ट और ग्रेनोला खा सकते हैं।  
● खाने को आंत में पहुंचने में करीब 3 से 4 घंटे का समय लग जाता है। अगर आपने हल्का-फुल्का नाश्ता किया है तो ढेर से दो घंटे बाद एक्सरसाइज करें। अगर आप किसी तरह की पेट की समस्या से नहीं गुजरना चाहते हैं तो लंबे समय तक इंतजार करना फायदेमंद होता है। अगर आपने पेट भर कर अच्छे से खाना खाया है तो करीब 3 से 4 घंटे बाद वर्कआउट करें। हालांकि भूखे पेट एक्सरसाइज करना मुश्किल होता है। आप आसानी से पचने वाली चीजें जैसे ओट्स, प्रोटीन शेक और दही का सेवन कर सकते हैं।



● समय से खाने से वर्कआउट करने में मदद मिलती है। अगर आप स्विमिंग, रनिंग या कोई हैवी एक्सरसाइज कर रहे हैं तो खाने को अच्छी तरह से पचना जरूरी होता है। इससे आपको एक्सरसाइज करते समय एनर्जी मिलेगी। अगर आप दौड़ने की सोच रहे हैं तो 2 से 4 घंटे पहले कार्बोहाइड्रेट वाली चीजों को खाने से शरीर को एनर्जी मिलती है। अगर शरीर में पर्याप्त मात्रा में कार्बोहाइड्रेट नहीं होता है तो हमारा शरीर अंदर की एनर्जी का इस्तेमाल करता है जिसे ग्लाइकोजन कहा जाता है।  
● एक्सरसाइज करने से ठीक पहले खाना खाने से सेहत को लिए हानिकारक होता है। हर व्यक्ति में अलग-अलग लक्षण दिखते हैं। लेकिन कुछ सामान्य लक्षण होते हैं जैसे ऐंठन, सूजन, उल्टी और पाचन समस्याएं होती हैं। सही समय पर खाना नहीं खाने से आपके स्वास्थ्य पर असर पड़ता है। अगर आप खाने के तुरंत बाद जिम करने के लिए जाएंगे तो उसी एनर्जी के साथ वर्कआउट नहीं कर पाएंगे जैसे आपने खाने से ठीक पहले सोचा था। इसके अलावा हल्का फुल्का पैदा चलने के लिए भी खाने को अच्छे से पचने दें। अगर आप वर्कआउट से थोड़ा पहले कुछ खाना चाहते हैं तो हाई कार्बोहाइड्रेट वाली चीजें खाएं।

## HIMACHAL PRADESH PUBLIC WORKS DEPARTMENT

### 'NOTICE INVITING TENDERS'

Sealed item rate tenders on form 6&8 are hereby invited by the Executive Engineer, Bhawarna Division HP.PWD. Bhawarna on behalf of the Governor of H.P for the following works from the approved and eligible contractors enlisted in HP.PWD. (B&R) whose registration stood renewed as per revised rules and also registered under the H.P General Sales Tax Act 1968 so as to reach in his office on or before 03/08/2021 up to 11.00 AM. And the same shall be opened on the same day at 11.30 A.M. in the presence of intending contractors or their authorized representatives. The tender documents can be had from his office against cash payment (Non-refundable) on 02/08/2021 up to 4.00 P.M and the application for issue of tender form shall be received on 31/07/2021 up to 12.00 noon.

The earnest money in the shape of NSC/FDR/saving account of the Post office/Bank in H.P duly pledged in favour of the XEN must accompany with each tender. Conditional/ incomplete tenders & tender without earnest money will be summarily rejected. The XEN reserves the right to accept or reject any or all tenders or drop the proposal of tenders without assigning any reasons.

Sr. No.	Name of work	Estimated Cost (in Rs.)	Earnest Money	Time Limit	Cost of Tender form
1	C/o Link road from Forest Rest House to village Darang Km 0/0 to 0/680(SW:-P/L Soling(90-45mm) & CC work at RD 0/0 to 0/200)	3,96,280/-	8000/-	Three Months	350/-
2	C/o Link road from Garh Boun to upper MalkeharChander to Chah Km 0/0 to 1/300 (SW:-C/o R/wall at RD 1/247 to 1/267 in both side of road)	4,90,661/-	9900/-	Three Month	350/-
3	Providing way side amenities on HSTM road Km 24/135 to 59/775 (SW:- Providing & erection of Ornamental Public Gozebo (Rain shelter) at RD 49/100 (junction of Daroh sihotu road).	3,55,801/-	7200/-	Three Month	350/-
4	Providing way side facility (Rain Shelter) on Bhawarna Jungaha Devi road at RD (Kotlu) (Deposit)	3,55,801/-	7200/-	Three Months	350/-
5	Providing way side facility (Rain Shelter) on HSTM road at Bairghatta (Deposit)	3,55,801/-	7200/-	Three Months	350/-
6	A/R & M/O Bari Kedara mandir road Km 0/0 to 5/0 (SW:- C/o R/wall at RD 3/490 to 3/500 & 4/00 to 4/018)	3,28,075/-	6600/-	Three Months	350/-
7	A/R & M/O link road to Village Gadiara (SW:- C/o R/wall at RD 0/250)	4,83,830/-	9700/-	Three Months	350/-
8	Restoration of rain damages on link road Hola ChanderBamial Km 0/0 to 2/300 (SW:- C/o Protection wall along nallah chader bridge at RD 2/00) (up-stream side)	2,31,600/-	4700/-	Three Months	350/-
9	C/o link road from Pharer Thamba road to Jassun farm (SW:- C/o R/wall in Km 0/0 to 0/020 and P/L CC pavement in Km 0/0 to 0/150)	1,90,902/-	3900/-	Two Months	350/-
10	Special repair to Govt. Sen. Sec. School Daroh (SW:- P/L tiles work) (Deposit work)	4,95,600/-	10000/-	Three Months	350/-
11	Repair of link road from main road at village PantehadNanoun Sullah road Sanidev Mandir to House of Rajinder Kumar Padha (SW:-)(Deposit work)	1,80,462/-	3700/-	Three Months	350/-
12	A/R & M/O on HSTM road Km 24/135 to 59/775 (SW:-Repair of Rain Shelter at Chullah)	1,81,224/-	3700/-	Three Months	350/-
13	Restoration of rain damages on Extension of Daroh Garh Jamula road upto Bairghatta Km 4/0 to 11/0 (SW:-Improvement & widening of road at various RD's).	3,26,200/-	6600/-	Three Months	350/-
14	C/o Govt. Degree at Naura Distt. Kangra (HP) (SW:- Repair of Pedestal & Form work of Tankes)	1,75,200/-	3500/-	Three Months	350/-
15	A/R & M/O ArlaGugga Mandir road upto Bhawarna Km 0/0 to 6/0 (SW:- P/L Soling (90 to 45mm), wearing (63 to 45mm ) in extended portion Km 4/0 to 5/400).	4,66,509/-	9400/-	Three Months	350/-
16	C/o Additional accommodation (Science lab) at Govt. Sen. Sec. School Bhawarna (SW:- P/L flooring, P/F Door shutters, Painting work, Cup boards).	4,98,000/-	10,000/-	Three Months	350/-
17	C/o RudPanyali Lahar Chhalana Chowki Parmar Nagar road (SW:-Imp. & widening of road in Km 11/600 to 11/660 & V-shape drain with edge wall in Km 11/600 to 11/690)	1,28,071/-	2600/-	Three Months	350/-
18	C/o Govt. Degree at Naura Distt. Kangra (HP) (SW:- Balance work i.e finishing work)	4,70,248/-	9500/-	Three Months	350/-

HIM SUCHANA AVM JAN SAMPARK

Executive Engineer,  
Bhawarna Division, HPPWD. Bhawarna.