

— PUBLIC PROMTPRESS REPORT

Channel audit

DOCTOR SEYTZHAPPAROVNA BALNUR



@dr_seytzhapparovna1

Welcome to the channel of gynecologist-endocrinologist, nutritionist Balnur Seitzhapparovna, who has helped over 20,000 women with health and relationships! 🤗🤗🤗 Reception: +7705-705-8398 Courses...

SUBSCRIBERS	ERR (% SEE POSTS)	REACH/POST
24 868 03.07.2026 -181 per month	37.0% HTTPS://PROMTPRESS.COM/AUDIT/DR_SEYTZHAPPAROVNA1 last 24h 13.4%	9.2K ad reach 3.3K/24h

— CONTENTS · 2026

What's inside the report

01 Channel snapshot

12 key metrics · AI summary

02 Content analysis

Top 5 posts · worst 3 · insights

03 Subscriber dynamics

Yearly chart · growth

04 Ad potential

How long a post drives reach

05 Competitors

Niche neighbors · your position

06 Mention dynamics

6 months · monthly

07 Strategy

5 priority actions

SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card – a separate channel health indicator. The subtitle below the number shows the period it covers.

 SUBSCRIBERS 24 868 —	 SUBS REACH 37.05% avg % subs see post	 VIEWS/POST 9.2K median 10.3K · 11 days	 POSTS/WK 1.8 for period
 7D TREND — no data for period	 REACTS/POST 98.0 total 294 reacts, 0 reposts, 48 comments	 POST LENGTH 87 chars median 75 · 11 days	 POSTS ANALYZED 3 11 days
 AD REACH 3.3K avg 24h	 CHURN / MONTH -181 last month	 CITATION RATE 0 citation index · 1 channel mentioned ever	 CHANNEL AGE 5 years 1 month created 18.05.2021

AI EDITOR SUMMARY

Channel «DOCTOR SEYITZHAPPAROVNA BALNUR» – 24 868 subs. Each post avg views 9.2K people (37% from subs), good reach. Publishes 2 posts/week (~0/day) – rare posts.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement & underperformers — to see what to repeat and what to drop.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 3 posts in 11 days.
- 02 Dominant format — Video (2/3 posts).
- 03 Avg post length — 87 chars (median 75).
- 04 Audience peak activity — Friday, 20:00 ALMT.
- 05 Top posts get 1x more views than the weakest (9.2K avg for top vs 9.2K for worst) — among 3 posts in 11 days. Analyze what the top has in common: topic, format, timing.

TOP 3 POSTS

Nº1 05.06 · 15:10 VIDEO Had an online consultation with this girl's mom. First guess was a cyst. But upon examination, it turned out to be urethral prolapse...	VIEWS 12 033 REPOSTS —	REACTS 144 ER 48.4%
Nº2 05.06 · 15:09 PHOTO Жасы небәрі 3-те. Пролапс уретры. Цистоцеле. Сиетін жері аузына кеп тұр 😭😭😭	VIEWS 10 264 REPOSTS —	REACTS 101 ER 41.3%
Nº3 17.06 · 09:39 VIDEO Просто сіздермен бөліскім келді 👥👥👥	VIEWS 5 341 REPOSTS —	REACTS 49 ER 21.5%

WORST 3

↓ 05.06 · 15:10 VIDEO Had an online consultation with this girl's mom. First guess was a cyst. But upon examination, it turned out to be urethral prolapse...	VIEWS 12 033 REPOSTS —	REACTS 144 ER 48.4%
↓ 05.06 · 15:09 PHOTO Жасы небәрі 3-те. Пролапс уретры. Цистоцеле. Сиетін жері аузына кеп түр 😭😭😭	VIEWS 10 264 REPOSTS —	REACTS 101 ER 41.3%
↓ 17.06 · 09:39 VIDEO Просто сіздермен бөліскім келді 👥👥👥	VIEWS 5 341 REPOSTS —	REACTS 49 ER 21.5%

SECTION 03 · SUBSCRIBER DYNAMICS

Channel growth over the year

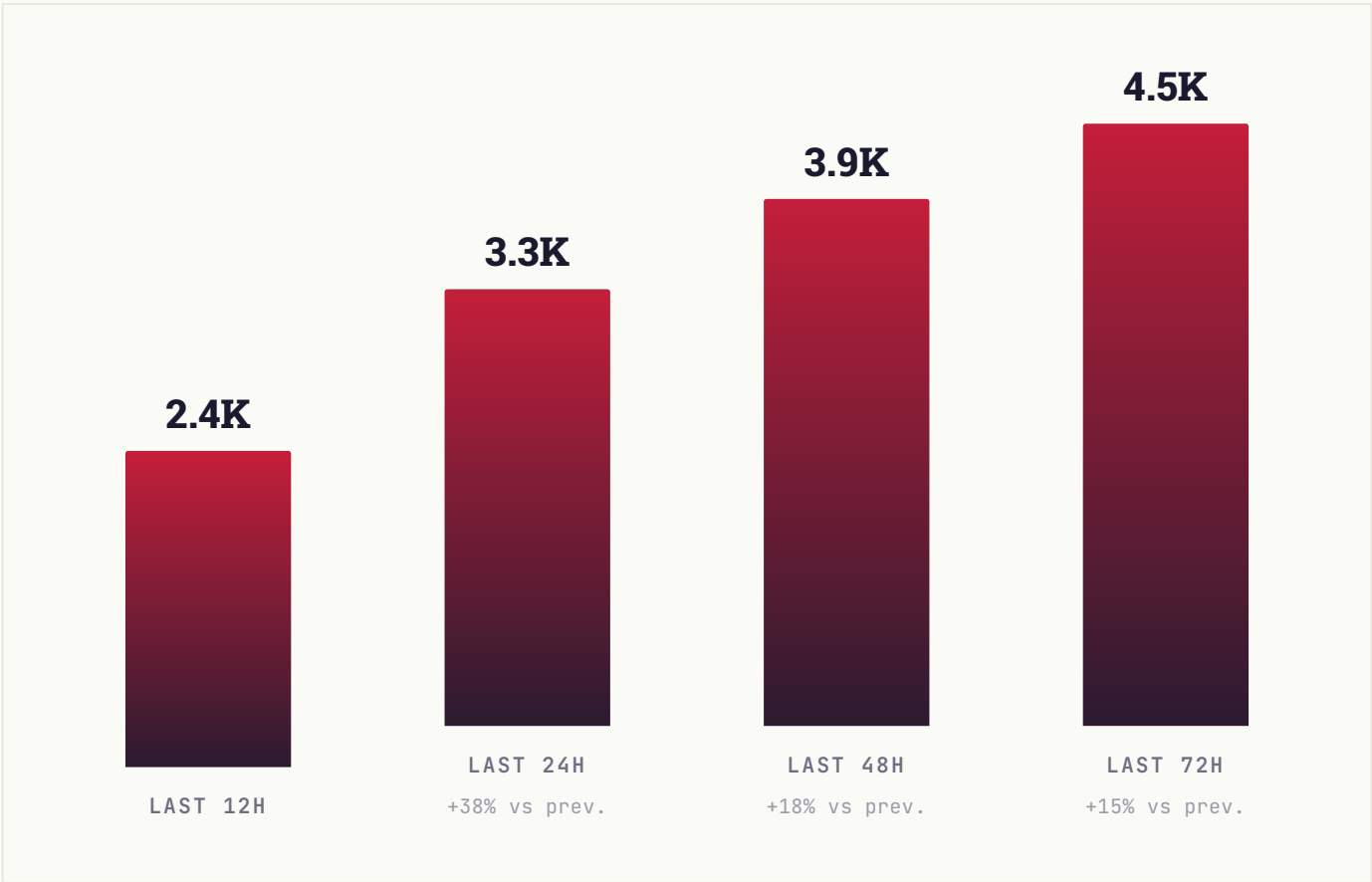
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel grew and which lost subs.



SECTION 04 · AD POTENTIAL

How long a post drives reach

Avg ad post reach over time since publication. Helps gauge how long a placement stays relevant.



SECTION 05 · COMPETITORS

Who you compete with

11 nearest channels by topic & audience. Your channel is highlighted — see where you stand among niche peers.

CHANNEL	SUBSCRIBERS
DS DOCTOR SEYTZHAPPAROVNA BALNUR YOU	24.9K
ҚС Қаржылық сауаттылық	24.7K
ҚД Қазақша Дорама, Dorama Kazakh Language	3.2K
КН Khanifa	2.8K
SH Shuakh	1.7K
WF Жәннатул Фирдаус	1.2K
KN Khabar news	339
SA SENIN APPAGYN'💕	163
ЃИ Ѓibrat	55
MB Menimen birge 🌐	17
LB Lazzat BAZARBAYEVA	—

COMPARATIVE CONCLUSION

Channel — largest in set of 11 channels. Cross-promo with the rest as niche leader: you give more reach than you get, but cement status.

SECTION 06 · MENTION DYNAMICS

How often the channel is mentioned

Monthly we track posts in other channels that mention yours. Over the last **6 months** such mentions were **0**, they brought **1 216** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS	
January 2026	0	0	1 216	
December 2025	0	0	0	
November 2025	0	0	0	
October 2025	0	0	0	
September 2025	0	0	0	
August 2025	0	0	0	
TOTAL MENTIONS	0	MONTHS OF DATA	6	ACQUIRED SUBS
			1 216	

— SECTION 07 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check off as a to-do list and revisit this report in a month.

01**Increase posting frequency**

Now 1.8 posts/wk. Active channels average 7-10.
Consistency is key to retention.

EFFECT

**Consistency
beats volume****02****Main post of the week — on Friday**

Audience is most active on this day at 20:00 ALMT.

EFFECT

**Best time for
an important
post****03****Systematic traffic buying**

Three formats for your media: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromptPress picks sources for your niche.

EFFECT

**+1000-3000
subs****04****Test polls & interactive formats**

Posts with polls/reactions usually boost ER by 5-15%.
One poll per week on a hot topic — easy growth lever.

EFFECT

+5-15% ER**05****Cross-promo with similar channels**

Swap posts quarterly with channels in the same niche.
No need daily — 2-3 collabs give relevant growth.

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want us to do this **PromptPress?**

This audit is what we can do in minutes from public data. To go further — run ads with us and hit your growth plan in a month.

01

Launch Telegram ad

<https://panel.promptpress.com/register>

02

Contact manager

t.me/PromptPress_manager