

PUBLIC REPORT BY PROMTPRESS

Channel audit

Dzari



@drdzari

Ipsumvitamin.ru Vitamins ♥ youtube.com/@Dzari YouTube
Biochek.ru clinic <https://fitnesskaknauka.ru> app Included by
Roskomnadzor in the list of personal...

SUBSCRIBERS

273 048

-2336 per month

ERR (% SEE POSTS)

19.0%

per day 10.2%

REACH/POST

53.8K

ad reach 27.8K/24h

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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 273 048 —	SUBS REACH 19.71% avg % subs see post	VIEWS/POST 53.8K median 55K · 29 days	POSTS/WEEK 8.4 over period
7D TREND -1.7% vs prev week	REACTIONS/POST 714.9 total 25,022 reactions, 17,755 reposts, 2,748 comments	POST LENGTH 656 chars median 688 · 29 days	POSTS ANALYZED 35 29 days
AD REACH 27.8K 24h avg	CHURN / MONTH -2336 last month	CITATION RATE 214 citation index · 952 channels mentioned all time	CHANNEL AGE 4 yrs 4 mo created Feb 25, 2022

AI EDITOR SUMMARY

Channel «Dzari» – 273 048 subs. Each post averages 53.8K people (20% from subs), average reach – room to grow. Publishes 8 posts per week (~1/day) – regular schedule. Week of Jun 8–14 reach stable (-1.7% vs week 1–7 Jun).

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 35 posts in 29 days.
- 02 Dominant format — Photo (22/35 posts).
- 03 Avg post length — 656 chars (median 688).
- 04 Peak audience activity — Thursday, 09:00 MSK.
- 05 Strongest posts get 2× more views than the weakest (69.3K avg for top vs 42.8K for worst) — among 35 posts over 29 days. Worth analyzing what the top shares: topic, format, timing.

TOP 5 POSTS

№128.05 · 06:28PHOTO	Came across interesting data on peak physical form from a colleague. Translated the visual into Russian for you. Very interesting data here...		VIEWS	REACTIONS
			73 007	844
№229.05 · 16:19VIDEO	New large clinic for people. Closing debts to junior medical staff for two months ourselves. A long and difficult path ahead that...		REPOSTS	ER
			921	26.7%
№303.06 · 10:32PHOTO	Speaking at one of the largest business forums for clinic owners and doctors - VVV BUSINESS FORUM ☒ The organizer and director of the forum...		VIEWS	REACTIONS
			66 009	340
			REPOSTS	ER
			33	24.2%

Nº4 26.05 • 14:34 PHOTO Inositol - new in the IPSUM line In endocrinology and nutrition, inositol is known as a regulatory molecule. It helps cells...	VIEWS 65 191 REPOSTS 229 REACTIONS 295 ER 23.9%
Nº5 11.06 • 10:37 PHOTO Today is a historic day. The first drug in human history that can not just slow aging, but rejuvenate...	VIEWS 64 901 REPOSTS 1 506 REACTIONS 1 929 ER 23.8%

WORST 3

↓ 16.06 • 06:20 PHOTO Today new documentary at 16.00 «Vaccinations» on channels. Set reminder. Like Alexander	VIEWS 45 403 REPOSTS 74 REACTIONS 873 ER 16.6%
↓ 21.06 • 14:34 PHOTO Returned with the team to perform aesthetic male chest correction surgeries. Because many have gland or fibrosis -...	VIEWS 42 110 REPOSTS 237 REACTIONS 481 ER 15.4%
↓ 21.06 • 19:08 PHOTO Came across this news. What do you think? Russians can now face up to 8 years in prison for fake medical certificates. — For...	VIEWS 40 975 REPOSTS 247 REACTIONS 608 ER 15.0%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

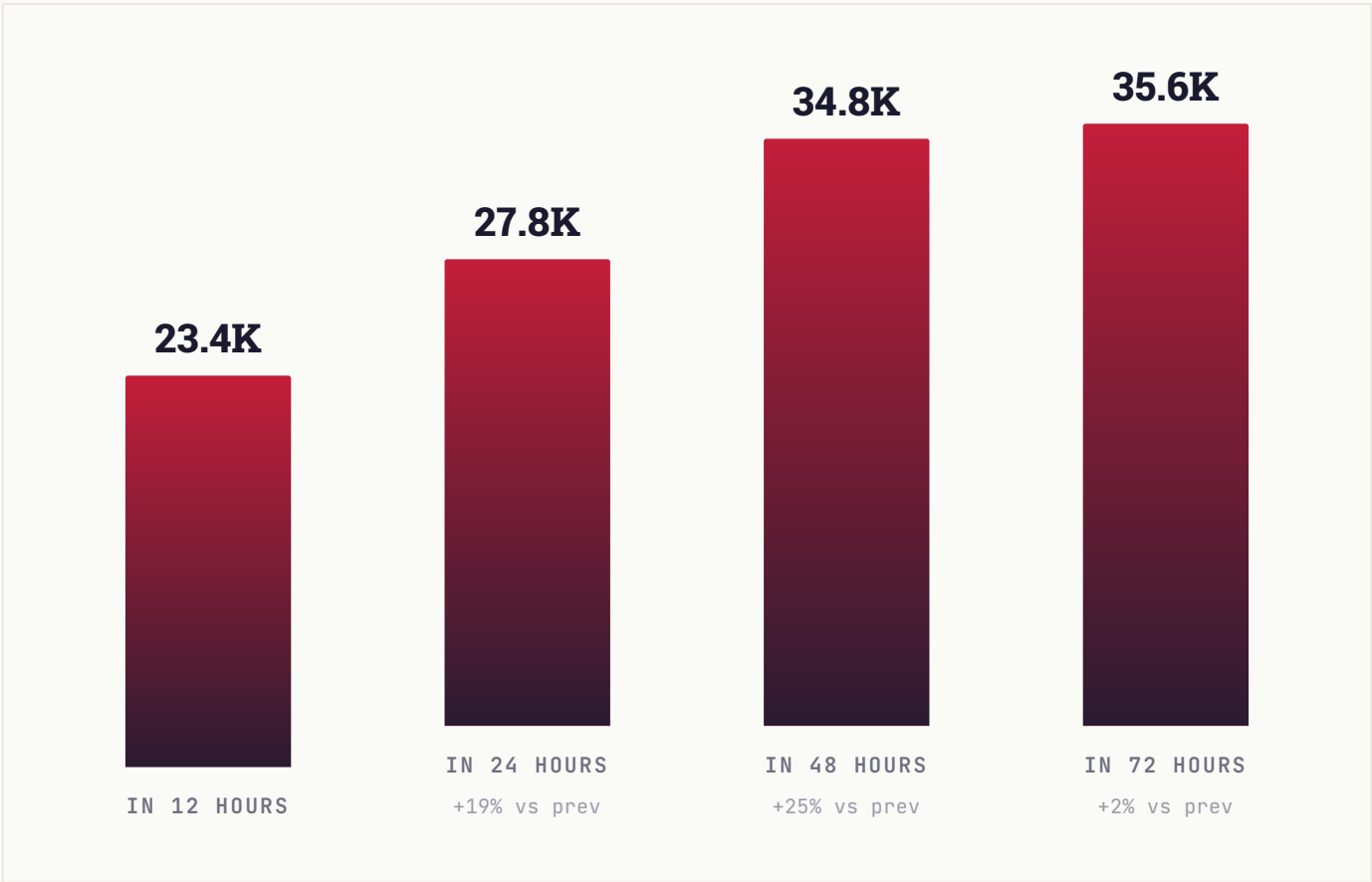
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel gained and which lost subscribers.



SECTION 04 · AD POTENTIAL

How long a post generates reach

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



SECTION 05 · COMPETITORS

Who you compete with

11 closest channels by topic and audience. Your channel is highlighted — see its rank among niche neighbors.

CHANNEL	SUBSCRIBERS
KZ Test purchase	772.4K
BI Biohackers	585.5K
BI Biohacking	535.2K
SL Sport Life	526.8K
VN Eternity in Tibet	495.9K
NT Our body	482.9K
AU Ales Ulishchenko Osteopath, PhD Author of faceplasty	479.3K
BZ Stay healthy	449.1K
ZE Healthy food	418.9K
DZ Doctor Zubareva / Doctor Zubareva	414.2K
DZ Dzari YOU	273K

COMPARATIVE CONCLUSION

Channel in top quarter of niche (#21 of 96). Leader — Test purchase (772.4K). Goal for coming months — break into niche top 10 via systematic traffic work.

SECTION 06 · MENTION DYNAMICS

How often the channel is mentioned

Monthly we record posts in other channels that mention your channel. Over the last **6 months** such mentions were **204**, they brought **14 606** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
December 2025	11	9	827
Nov 2025	38	29	4 795
Oct 2025	38	10	2 448
Sep 2025	42	13	2 360
August 2025	29	6	1 785
July 2025	46	18	2 391

TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBSCRIBERS
204	6	14 606

SECTION 07 · NICHE COMPARISON

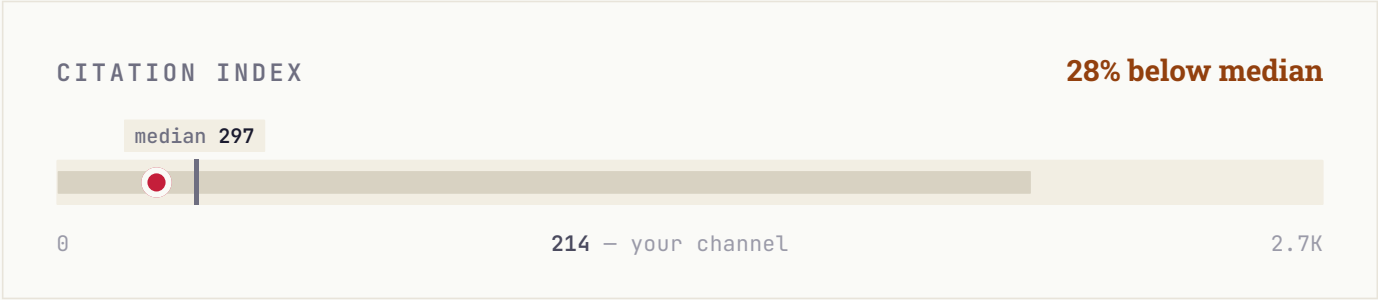
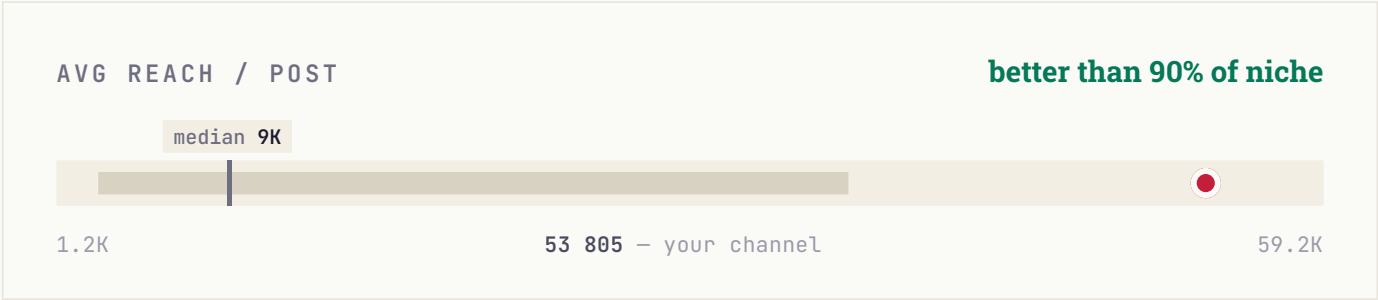
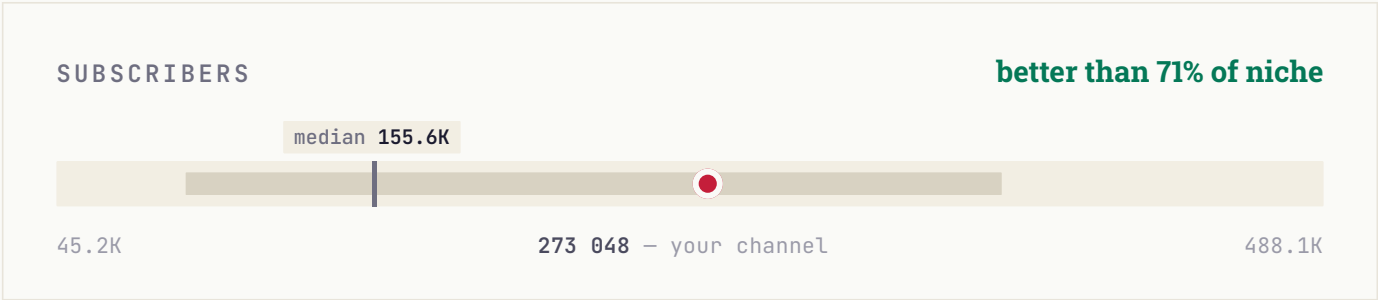
Where the channel stands in its league

Took top-100 channels in category «Health & Fitness» (Russia) and saw how your channel stacks up. Gray band = range where 80% of niche channels fall (p10 to p90). Black vertical = median. Red dot = your channel.

#21/100

RANK IN NICHE

Channel in top 21% – strong position



— SECTION 08 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check off and revisit this report in a month.

01

Main post of the week — on Thursday

On this day at 09:00 MSK the audience is most active.

EFFECT

**Best window
for an
important post**

02

Systematic traffic buying

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

EFFECT

+1K-3K subs

03

Test polls & interactive formats

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

EFFECT

+5-15% ER

04

Cross-promo with neighboring channels

Exchange posts with channels in the same segment once a quarter. No need daily — 2-3 collabs give relevant growth.

EFFECT

**Growth from
relevant
audience**

05

Update channel description for Telegram search

Telegram search scans descriptions. Add 3-5 niche keywords — that's organic traffic.

EFFECT

**Organic traffic
source**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit — what we can do in minutes using public data. Want to go further? Run ads through us and hit your growth plan in a month.

01	Launch Telegram ads	https://panel.promptpress.com/register
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02	Contact manager	t.me/PromptPress_manager
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