

PUBLIC REPORT BY PROMTPRESS

Channel audit

Sanatorium

«Dugino» - place of attraction



@dugino_info

Health & Rehabilitation Center — Dugino Sanatorium For booking and details call: +7 (481) 302-00-03 or WhatsApp: +7 (920) 322-00-03

SUBSCRIBERS	ERR (% SEE POSTS)	REACH/POST
14 989	78.0%	11.6K
-166 per month 20.07.2026	in 24 hrs 75.2%	ad reach 11.4K/24h
HTTPS://PROMTPRESS.COM/AUDIT/DUGINO_INFO		

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

 SUBSCRIBERS 14 989 —	 SUBS REACH 77.25% avg % of subs see post	 VIEWS/POST 11.6K median 11.5K · 29 days	 POSTS/WEEK 4.0 over period
 7D TREND +3.7% vs previous week	 REACTIONS/POST 12.7 total 216 reactions, 68 reposts, 0 comments	 POST LENGTH 636 chars median 610 · 29 days	 POSTS ANALYZED 17 29 days
 AD REACH 11.4K 24h avg	 CHURN / MONTH -166 over last month	 CITATION RATE 1 citation index · 8 channels mentioned all time	 CHANNEL AGE 3 years 10 months created 01.09.2022

AI EDITOR SUMMARY

Channel «Sanatorium «Dugino» - a place of attraction» — 14 989 subs. Each post averages 11.6K people (77% of subs), wide reach for a channel this size. Publishes 4 posts per week (~1/day) — rare. For week Jul 6–12, reach stable (+3.7% vs week June 29 – July 5).

SECTION 02 · CONTENT ANALYSIS

What Works Best

Top posts by engagement and outsiders – to see what to repeat and what to drop from rotation.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 17 posts over 29 days.
- 02 Dominant format – Video (15/17 posts).
- 03 Avg post length – 636 chars (median 610).
- 04 Audience peak – Saturday, 16:00 MSK.
- 05 Top posts get 1x more views than the weakest (12.9K avg for top vs 10.9K for worst) – among 17 posts over 29 days. Worth analyzing what the top has in common – topic, format, time.

TOP 5 POSTS

Nº1 20.06 · 13:49 VIDEO SECOND LIFE OF THE SHEREMETEV ESTATE Restoration of the Sheremetev estate complex in Vysokoye, Novoduginsky district, Smolensk region completed...	VIEWS 13 777 REPOSTS 10	REACTIONS 18 ER 91.9%
Nº2 08.07 · 05:55 VIDEO  Some trips stay in memory. But the most valuable are moments shared with loved ones. Together...	VIEWS 12 541 REPOSTS 1	REACTIONS 11 ER 83.7%
Nº3 10.07 · 05:55 VIDEO  A wedding surrounded by nature, where every minute is filled with beauty, atmosphere, and special meaning. Scenic landscapes, privacy, and...	VIEWS 12 511 REPOSTS 2	REACTIONS 14 ER 83.5%

Nº4 22.06 • 05:55 VIDEO A home of coziness. Cafe-hotel «Sheremetev» is open ✨ We recently shared our plans, and today the cafe-hotel «Sheremetev»...	VIEWS 11 824 REPOSTS 18 REACTIONS 22 ER 78.9%
Nº5 30.06 • 05:55 VIDEO 💪 Vacation isn't just spa and walks — it's also a chance to keep your usual routine. In the new video we showed one of the gym...	VIEWS 11 685 REPOSTS 1 REACTIONS 15 ER 78.0%

WORST 3

↓ 24.06 • 05:55 VIDEO Your favorite hobby never takes a vacation! 🏊 Even when it's hot outside, we always have perfect ice, cool air, and great vibes...	VIEWS 11 188 REPOSTS 4 REACTIONS 13 ER 74.6%
↓ 21.06 • 05:55 VIDEO Happy Medical Worker's Day! 🩺❤️ Eco-resort «Dugino» congratulates its heroes! Today we wholeheartedly congratulate our...	VIEWS 11 175 REPOSTS 4 REACTIONS 24 ER 74.6%
↓ 16.07 • 05:55 VIDEO 🌿 Who said workouts must be in the gym? Nordic walking is one of the most enjoyable ways...	VIEWS 10 419 REPOSTS 2 REACTIONS 7 ER 69.5%

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 gained subs and which lost them.



PERIOD START

1 742

NOW

14 989

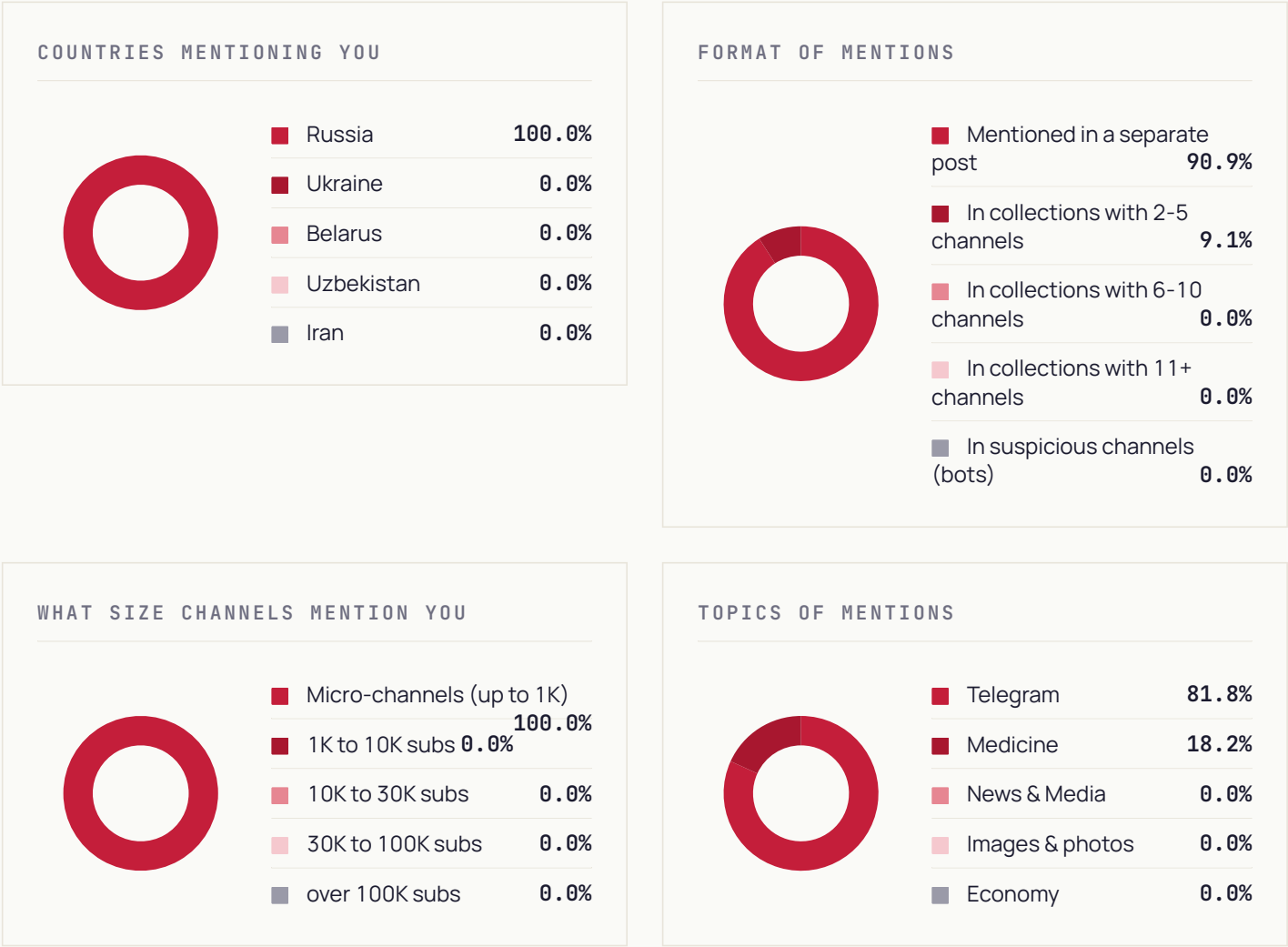
NET GROWTH

+13 247

SECTION 04 · MENTIONS

Who mentions the channel and how

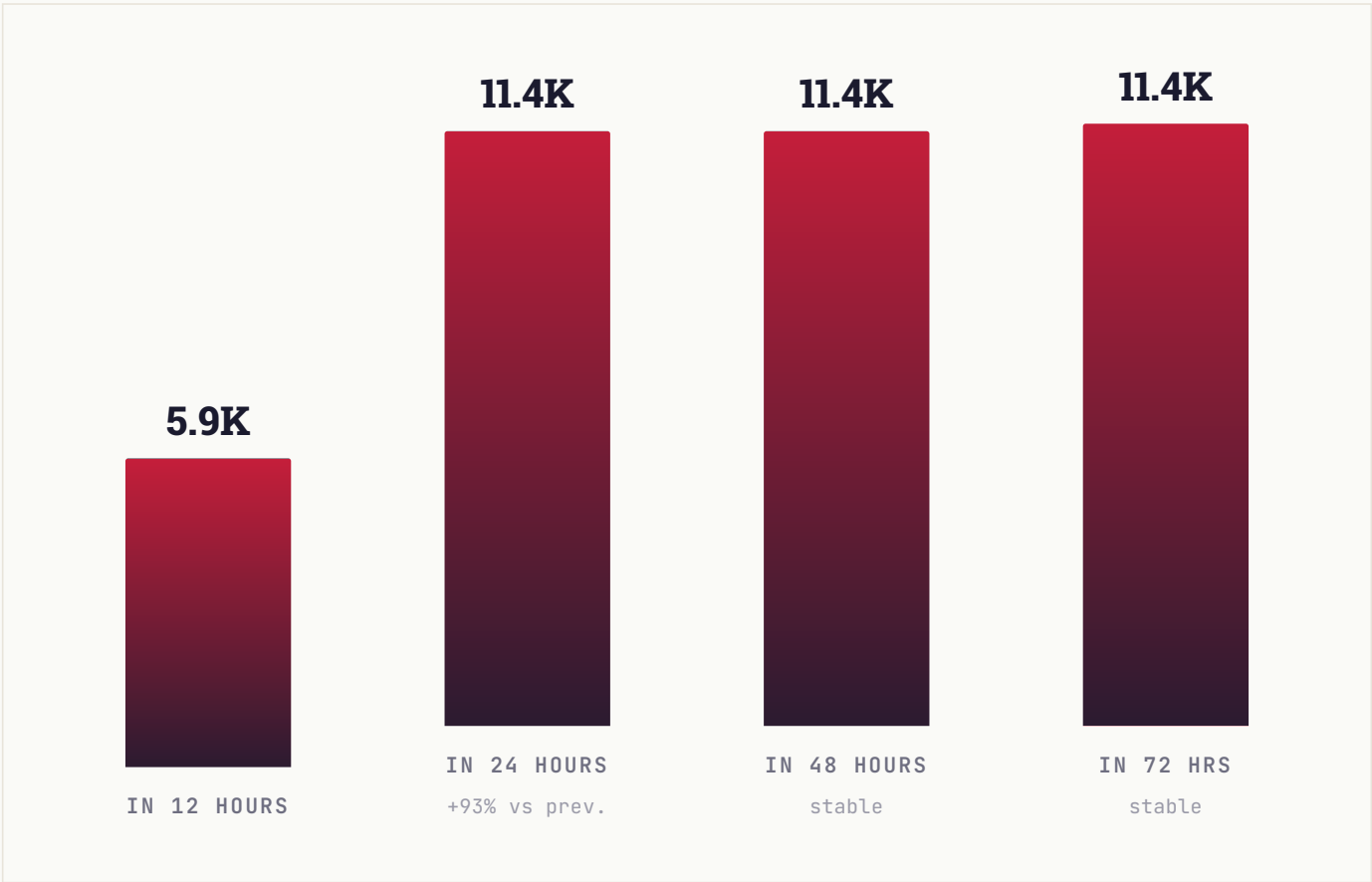
Citation index 1 – channel popularity rating based on mentions. Considers not only count but also weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time mentions: 8 different channels.



SECTION 05 · AD POTENTIAL

How long a post drives reach

Avg reach of ad post by time since publication. Helps estimate how long a placement should 'live'.



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic and audience. Your channel is highlighted — you can see its place among niche neighbors.

CHANNEL	SUBSCRIBERS
DT Dr Tel	755.5K
BI Blog from the morgue	354.1K
تا تعليم اللغة الإنجليزية 🧑🏫	328.2K
🩹 الجراحة 🩹 Surgery 🩹 - Crypto currency	318.4K
EM Endocrinologist Magerya	292.5K
EP EXPERIENCED PHARMACEUTICAL	264.6K
AP APTEKA_TV	241.5K
MM Moscow Medicine	237.8K
🌿 H 🌿 Folk medicine 🌿	235.1K
Health HealthControl	222.2K
S« Sanatorium «Dugino» - place of attraction YOU	15K

COMPARATIVE INSIGHT

Channel yet outside niche top 97 — early growth stage. Niche leader — Dr Tel (755.5K), top-97 median: 103.2K. First goal: enter top-97 through systematic traffic and content work.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Each month we track posts in other channels that mention yours. Over the last **6 months** such mentions were **1**, they brought **13 635** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
January 2026	0	0	17	
Dec 2025	0	0	234	
Nov 2025	1	1	51	
October 2025	0	0	48	
September 2025	0	0	6 207	
August 2025	0	0	7 078	

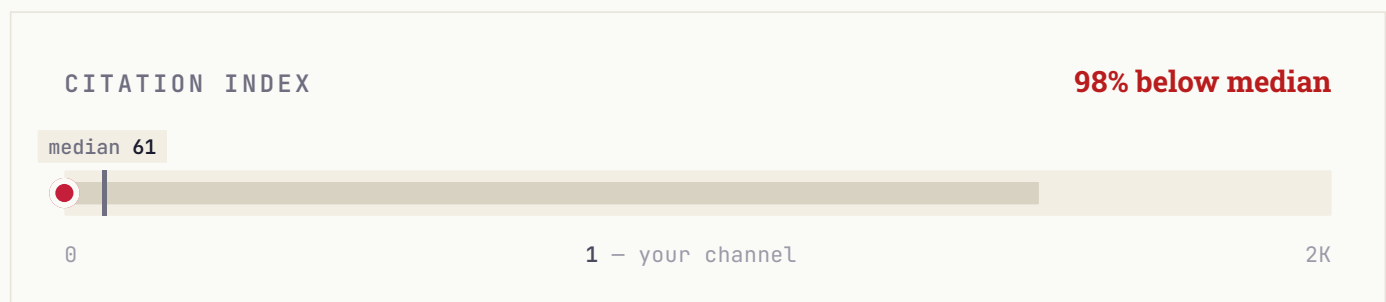
TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBSCRIBERS
1	6	13 635

Where your channel ranks in its league

SUBSCRIBERS 86% below median

median 105.1K

36.2K 14 989 - your channel 284.7K



— SECTION 09 · STRATEGY

What to Do Right Now

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

01**Increase posting frequency**

Now 4.0 posts/week. Active channels average 7-10.
Consistency is key to retention.

EFFECT

**Consistency
beats volume****02****Post of the week — on Saturday**

Audience most active on this day at 16:00 MSK.

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 is an easy growth point.

EFFECT

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

Cross-post with similar channels quarterly. No need daily — 2-3 collabs give relevant growth.

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in a few minutes based on public data. If you want to go further — run ads through us and hit your growth target 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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