

PUBLIC REPORT BY PROMTPRESS

Channel audit

Human Physiology



@fiziologiitj

Paid video lessons: -pathphys 10000 rub -pharmac 10000r -
biochem 12000r -pediatrics 12000r -topanat 12000r -therapies
15000r -cardiology 15000r -neurology 20000r Notes: -physiol
10000rub For...

SUBSCRIBERS

25 622

+19 per month

ERR (% SEE POSTS)

38.0%

in 24h **12.6%**

REACH/POST

9.8K

ad reach **3.2K**/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 Citation rate

Who mentions the channel and how

05 Ad potential

How long a post generates reach

06 Competitors

Niche neighbors · your spot

07 Mention dynamics

6 months · monthly

08 Niche comparison

Rank in «Medicine» category

09 Strategy

5 priority actions

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 25 622 —	 SUBS REACH 38.07% avg % subs see post	 VIEWS/POST 9.8K median 8.5K · 12 days	 POSTS/WEEK 1.7 for the period
 7D TREND — no data for period	 REACTIONS/POST 262.0 only 786 reactions, 0 reposts, 0 comments	 POST LENGTH 192 chars median 192 · 12 days	 POSTS ANALYZED 3 12 days
 AD REACH 3.2K 24h avg	 CHURN / MONTH +19 last month	 CITATION RATE 2 citation index · 18 channels mentioned all time	 CHANNEL AGE 6 years 1 month created 09.06.2020

AI EDITOR SUMMARY

Channel «Human Physiology» — 25 622 subs. Each post averages 9.8K people (38% of subs), good reach. Posts 2 posts/week (~0/day) — rare posts.

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 TOP POSTS SHARE

- 01 Analysis based on 3 posts in 12 days.
- 02 Dominant format – Video (1/3 of posts).
- 03 Avg post length – 192 chars (median 192).
- 04 Peak audience activity – Sunday, 17:00 MSK.
- 05 Top posts get 1x more views than the weakest (9.8K avg for top vs 9.8K for worst) – among 3 posts in 12 days. Analyze what top posts have in common: topic, format, time.

TOP 3 POSTS

Nº1 28.06 · 14:41 **VIDEO**
Pathogenesis of apoptosis

VIEWS	REACTIONS
13 476	226
REPOSTS	ER
—	52.6%

Nº2 09.07 · 14:15 **TEXT**
Five rules for gaining knowledge: 1. Sincerity – learn for truth and benefit, not praise. 2. Patience – knowledge comes gradually...

VIEWS	REACTIONS
8 541	409
REPOSTS	ER
—	33.3%

Nº3 11.07 · 07:15 **PHOTO**
(post without caption – photo)

VIEWS	REACTIONS
7 247	151
REPOSTS	ER
—	28.3%

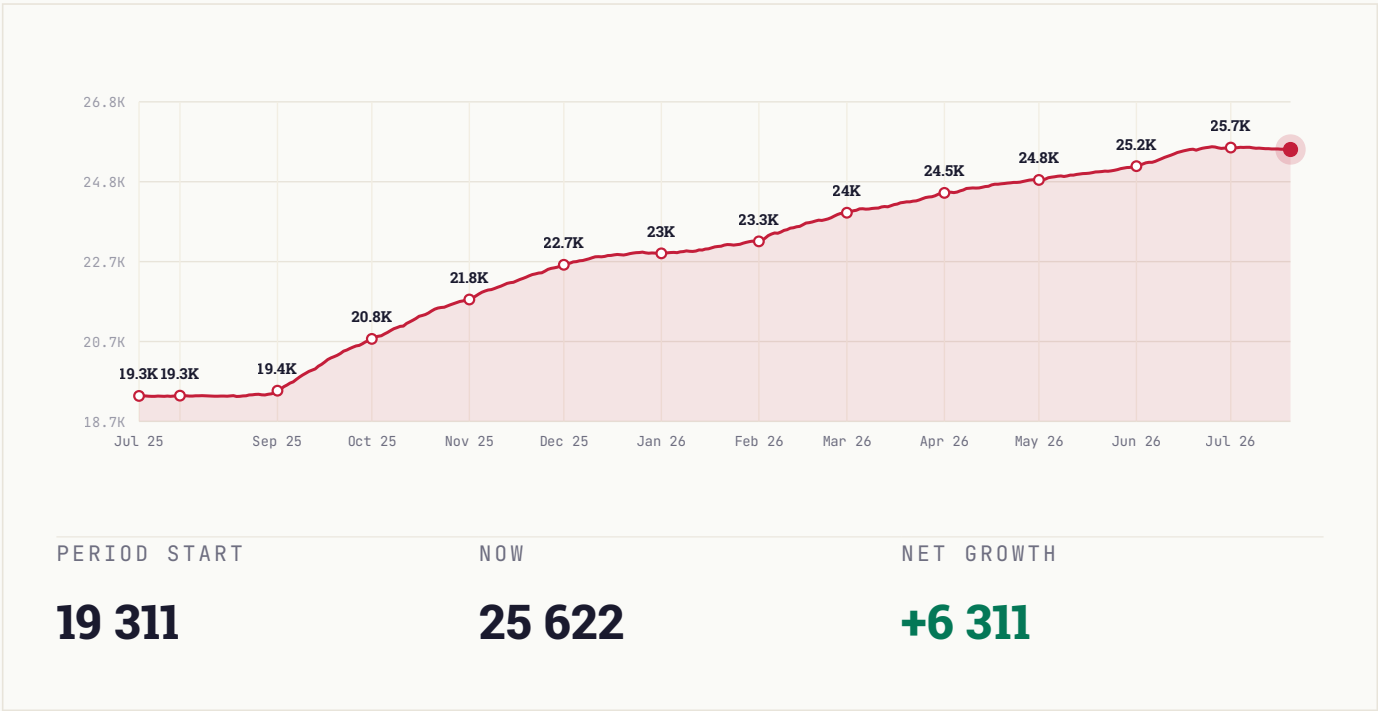
WORST 3

↓ 28.06 · 14:41 VIDEO Pathogenesis of apoptosis	VIEWS 13 476 REPOSTS —	REACTIONS 226 ER 52.6%
↓ 09.07 · 14:15 TEXT Five rules for gaining knowledge: 1. Sincerity — learn for truth and benefit, not praise. 2. Patience — knowledge comes gradually...	VIEWS 8 541 REPOSTS —	REACTIONS 409 ER 33.3%
↓ 11.07 · 07:15 PHOTO (post without caption — photo)	VIEWS 7 247 REPOSTS —	REACTIONS 151 ER 28.3%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

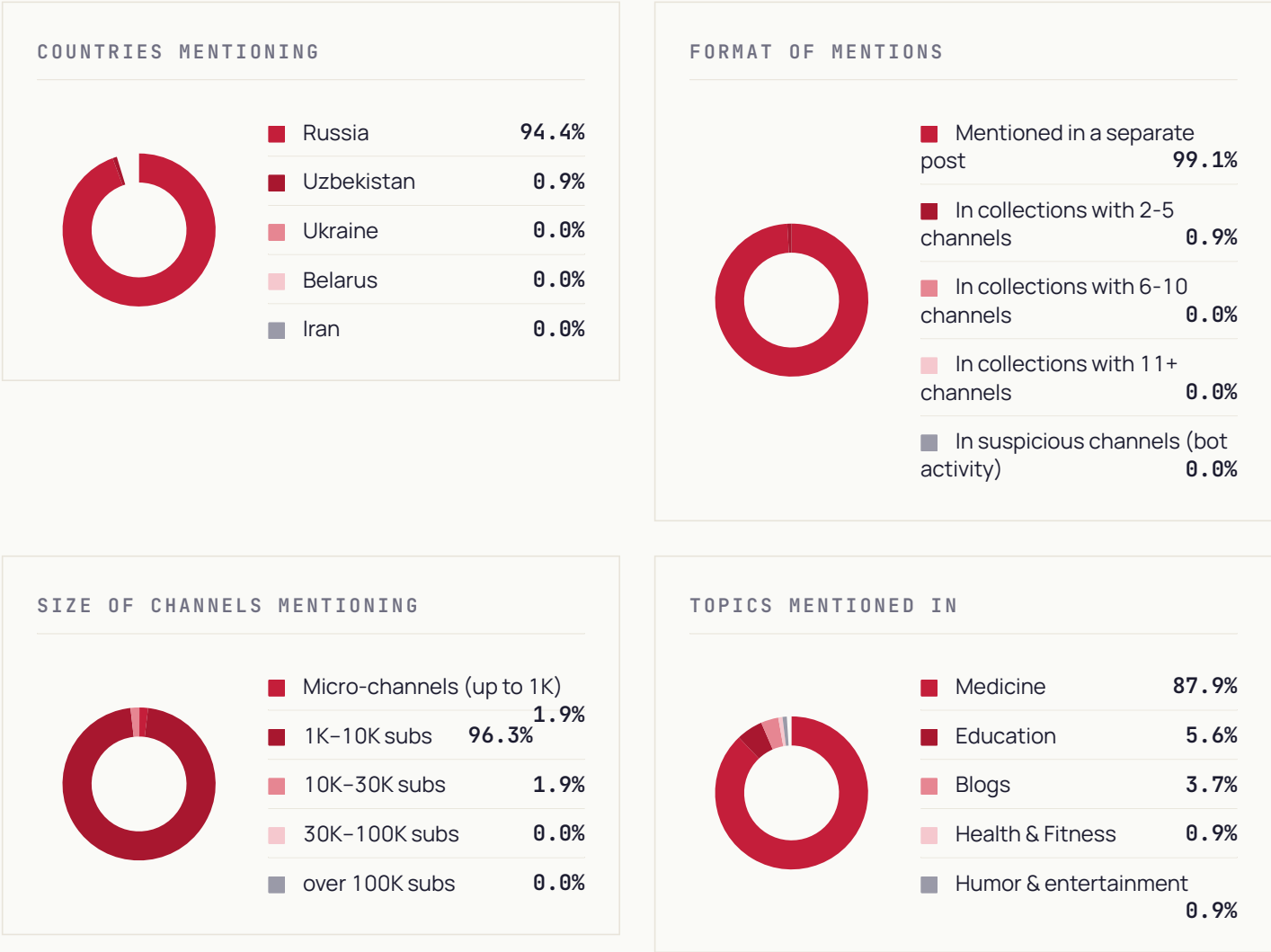
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel gained or lost subs.



SECTION 04 · CITATIONS

Who mentions the channel and how

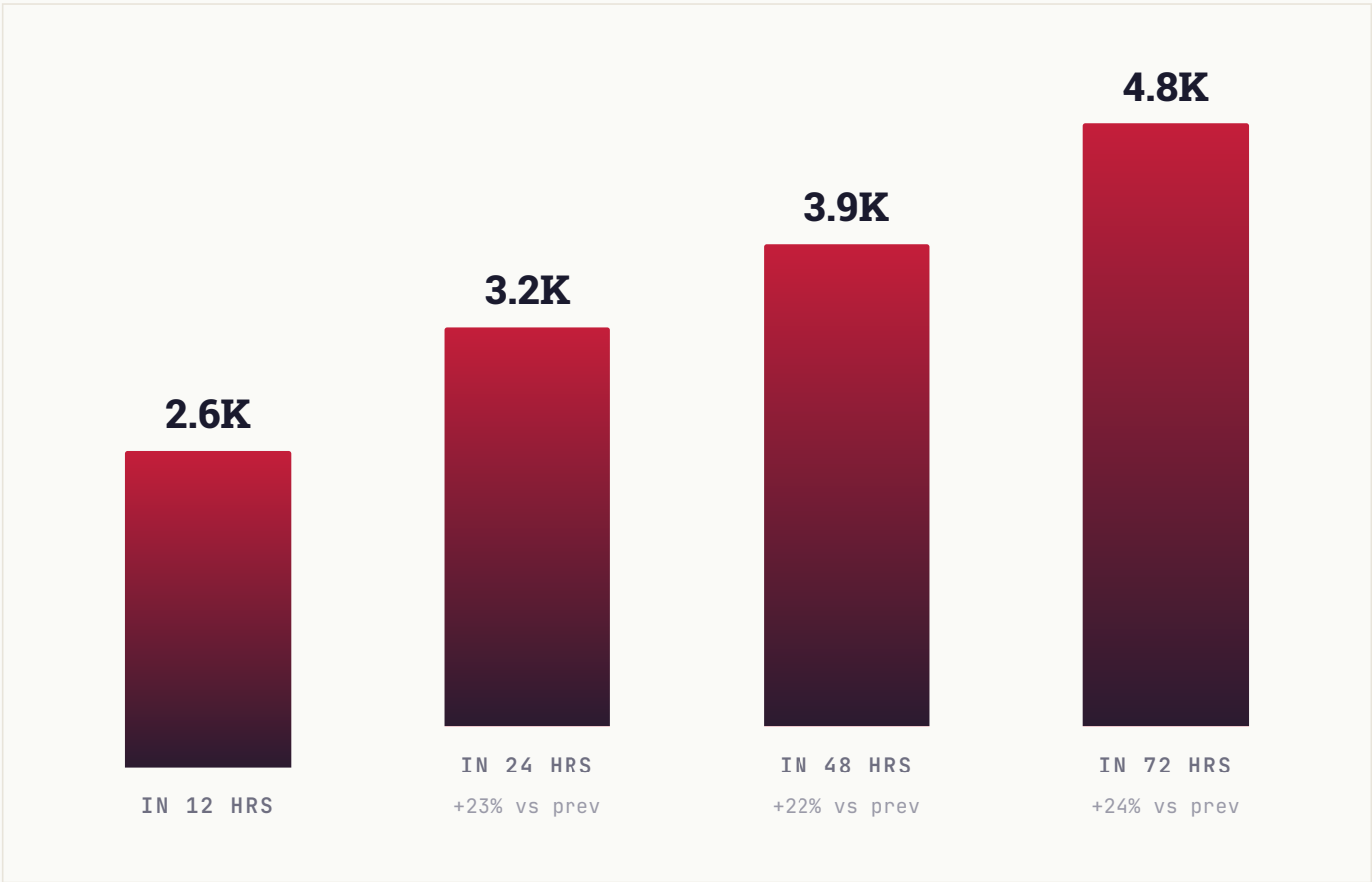
Citation index 2 – channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time channel was mentioned **18** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

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



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
OF EXPERIENCED PHARMACIST	264.6K
AP APTEKA_TV	241.5K
MM Moscow Medicine	237.8K
🌿 F 🌿 Folk medicine 🌿	235.1K
Health HealthControl	222.2K
HR Human Physiology YOU	25.6K

COMPARATIVE INSIGHT

Channel not 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 work on traffic and content.

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 **2**, they brought **4 123** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
January 2026	0	0	353
December 2025	0	0	366
November 2025	0	0	877
Oct 2025	1	1	1 049
Sep 2025	0	0	1 334
August 2025	1	1	144

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
2	6	4 123

Where the channel ranks in its league

The figure consists of three horizontal bar charts, each representing a different performance metric. Each chart has a light beige background bar representing the range of values in the niche, a darker beige bar representing the distribution, and a vertical line indicating the median. A red dot marks the channel's performance.

- SUBSCRIBERS:** The median is 105.1K. The channel's performance is 25,622, which is 76% below the median. The range is from 36.2K to 284.7K.
- AVG REACH / POST:** The median is 8.4K. The channel's performance is 9,755, which is better than 52% of the niche. The range is from 58 to 34.5K.
- CITATION INDEX:** The median is 61. The channel's performance is 2, which is 97% below the median. The range is from 0 to 2K.

Metric	Median	Channel Value	Comparison	Range (Min-Max)
SUBSCRIBERS	105.1K	25 622	76% below median	36.2K - 284.7K
AVG REACH / POST	8.4K	9 755	better than 52% of niche	58 - 34.5K
CITATION INDEX	61	2	97% below median	0 - 2K

— SECTION 09 · STRATEGY

What to do right now

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

- | | | |
|-----------|---|--|
| 01 | Increase posting frequency
Currently 1.7 posts/week. Active channels average 7-10. Consistency is key to retention. | EFFECT
Consistency over volume |
| 02 | Top post of the week — Sunday
Audience is most active on this day at 5:00 PM MSK. | EFFECT
Best window 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 give +5-15% to ER. One poll per week on a hot topic — easy growth point. | EFFECT
+5-15% ER |
| 05 | 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 |

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in a few minutes based on public data. To go further — run ads through us and close your growth plan in a month.

01 Launch Telegram ad <https://panel.promptpress.com/register>

02 Contact manager t.me/PromptPress_manager
