

PROMTPRESS PUBLIC REPORT

Channel audit

Alia Polyakova • Piyavus for everyone



@gumangirudo
Health expert without a white coat. Freeing you from pharmacy slavery and translating from medical to plain language. 🌐 students from 28 countries This page is official and included in the list...

SUBSCRIBERS	ERR (% SEE POSTS)	REACH/POST
10 246	9.0%	903
12.07.2026 +327 per month	daily 4.0%	ad reach 412/24h

HTTPS://PROMTPRESS.COM/AUDIT/GUMANGIRUDO

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SECTION 01 · CHANNEL SNAPSHOT

Channel KPIs

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

SUBSCRIBERS 10 246 —	SUBS REACH 8.81% avg % subs see post	VIEWS/POST 903 median 791 · 26 days	POSTS/WEEK 25.9 over period
7D TREND -30.1% vs previous week	REACTIONS/POST 56.9 only 5,516 reactions, 324 reposts, 276 comments	POST LENGTH 624 chars median 710 · 26 days	POSTS ANALYZED 97 26 days
AD REACH 412 24h avg	CHURN / MONTH +327 last month	QUOTE RATE 528 citation index · 645 channels mentioned all time	CHANNEL AGE 4 years 4 months created Feb 26, 2022

AI EDITOR SUMMARY

Channel «Aliya Polyakova•Leech for Everyone» — 10 246 subs. Each post avg views 903 people (9% from subs), reach low — expand audience. Publishes 26 posts/week (~4/day) — active. Week Jun 29–Jul 5 reach dropped -30.1% to week Jun 22–28 — analyze reasons.

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 97 posts in 26 days.
- 02 Dominant format – Photo (53/97 posts).
- 03 Avg post length – 624 chars (median 710).
- 04 Audience peak – Friday, 12:00 MSK.
- 05 Top posts get 5x more views than weakest (1.7K avg top vs 355 worst) – among 97 posts in 26 days. Analyze commonalities: topic, format, timing.

TOP 5 POSTS

Nº1 17.06 · 14:53 PHOTO 🦋HOW TO RELIEVE HEADACHE 🦋HOW TO RELIEVE MIGRAINE Hirudopractice in action Solves problems where medicine is powerless and people just...	VIEWS 1 791 REP. 21	REACTIONS 119 ER 17.5%
Nº2 19.06 · 09:20 PHOTO I want to tell you more about the marathon gifts, because I came up with so many things 😊 But reading the intro comments in the closed...	VIEWS 1 755 REP. 13	REACTIONS 74 ER 17.1%
Nº3 18.06 · 08:58 PHOTO Dear ones, I have great news 📰 Let's be honest, good news is scarce these days, and I'm all for...	VIEWS 1 638 REP. 3	REACTIONS 80 ER 16.0%

Nº4 15.06 • 10:34 VIDEO Good summer day❤️ I decided it's time to treat you to something nice and useful, so here you go 👉 Summer smoothie recipe...	VIEWS 1 628 REACTIONS 192 REP. 26 ER 15.9%
Nº5 13.06 • 13:01 TEXT Good afternoon, Aliya! I want to share my results so far. All this time I've been applying leeches at least every...	VIEWS 1 626 REACTIONS 167 REP. 13 ER 15.9%

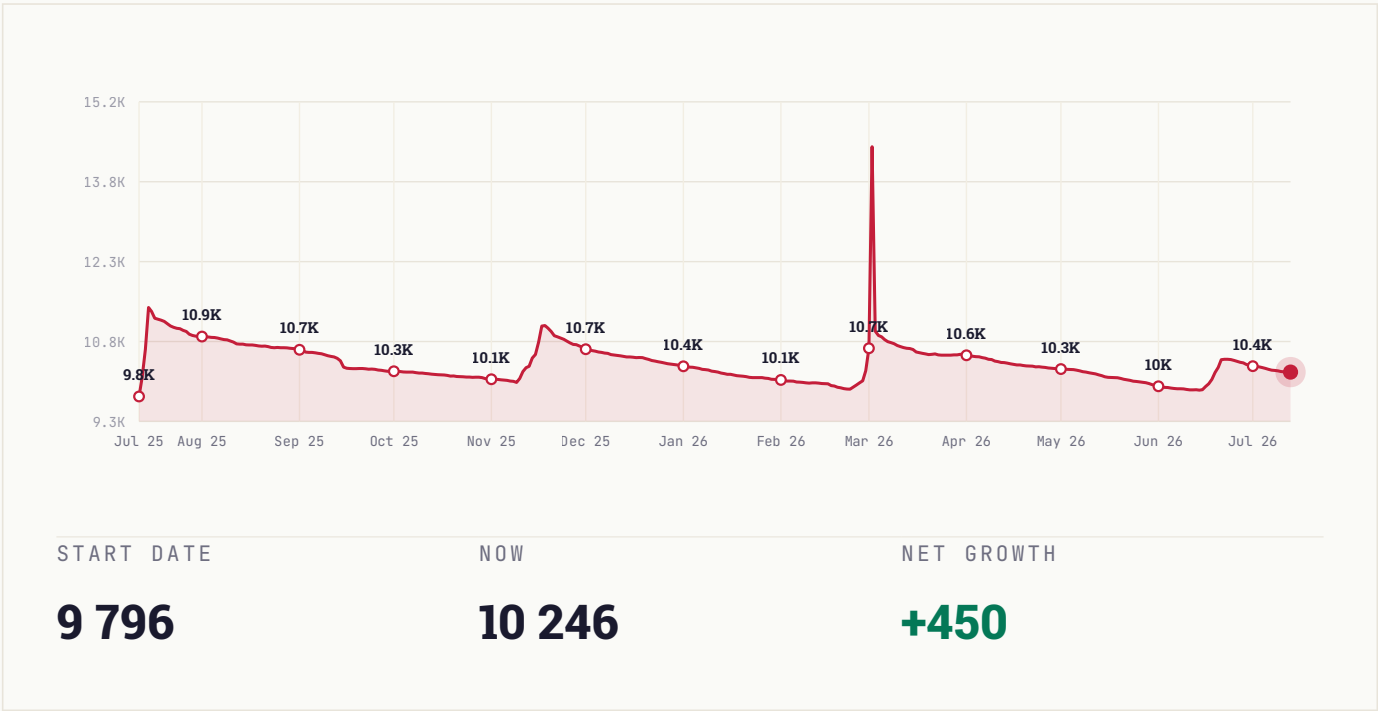
WORST 3

↓ 08.07 • 11:35 VIDEO OK, one more snippet😍 Can't keep it to myself Today is Family, Love & Fidelity Day❤️ And with great love...	VIEWS 371 REACTIONS 44 REP. 1 ER 3.6%
↓ 08.07 • 10:00 PHOTO What about your will to live? Health is a healthy will to live! It's always finding solutions when there's a problem. It's taking on...	VIEWS 360 REACTIONS 20 REP. 1 ER 3.5%
↓ 08.07 • 10:15 TEXT I want to add to the comments above - for those not ready - don't think that placing leeches works as a suggestion that if you...	VIEWS 336 REACTIONS 14 REP. — ER 3.3%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

Subscriber growth chart for the year. Key months show exact subscriber count.
Shows months of growth and decline.



SECTION 04 • MENTIONS

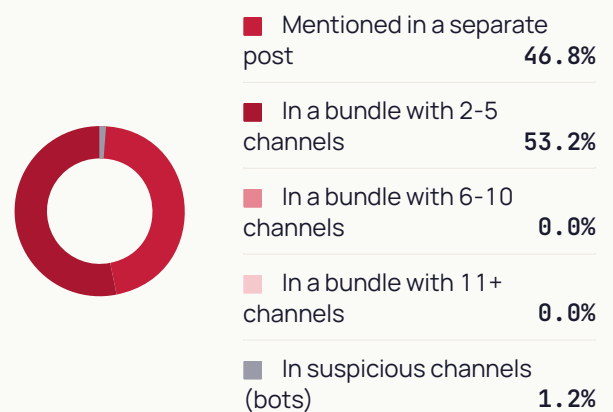
Who mentions the channel & how

Citation index **528** — 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 mentions: **645** different channels.

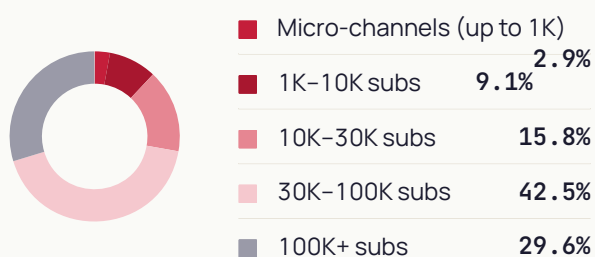
COUNTRIES MENTIONING



FORMAT MENTIONED IN



WHAT SIZE CHANNELS MENTION



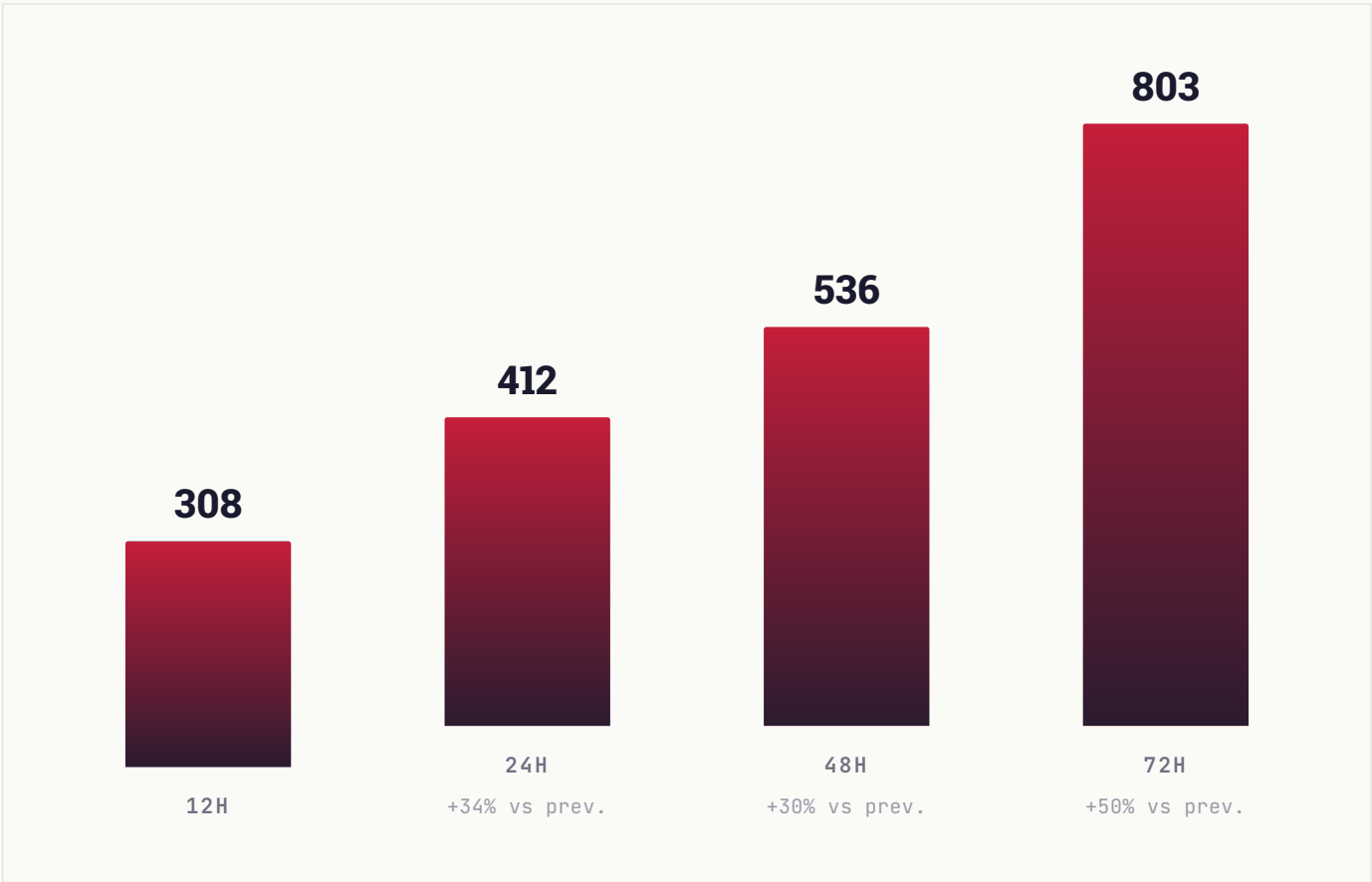
TOPICS MENTIONED IN



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 effective.



SECTION 06 · COMPETITORS

Who you compete with

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

CHANNEL	SUBSCRIBERS
DD DIETOLOG DILYA ASLIDDINOVNA RASMIY	1.2M
KZ Test Purchase	764.4K
BI Biohackers	580.7K
GS GymDeals- Supplements & Whey Protein Offers	536.2K
BI Biohacking	531.8K
SL Sport Life	523.4K
VN Eternity in Tibet	492.3K
NT Our body	480.2K
AU Ales Ulishchenko Osteopath, PhD Author of faceplasty	476.4K
BZ Stay Healthy	447.3K
AP Alia Polyakova•Piyavushka for everyone YOU	10.2K

COMPARATIVE CONCLUSION

Channel not yet outside top 97 niche — early growth stage. Niche leader — DIETOLOG DILYA ASLIDDINOVNA RASMIY (1.2M), top-97 median: 166.3K. First goal — enter top-97 via systematic traffic & content work.

SECTION 07 · MENTION TRENDS

How often the channel is mentioned

Every month we record posts in other channels that mention your channel. Over the last **6 months** such mentions were **65**, they brought **1 070** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS
Jan 2026	0	0	3
December 2025	0	0	2
Nov 2025	65	64	1 049
Oct 2025	0	0	4
Sep 2025	0	0	6
August 2025	0	0	6
TOTAL MENTIONS	MONTHS OF DATA		ACQUIRED SUBS
65	6		1 070

Where the channel stands in its league

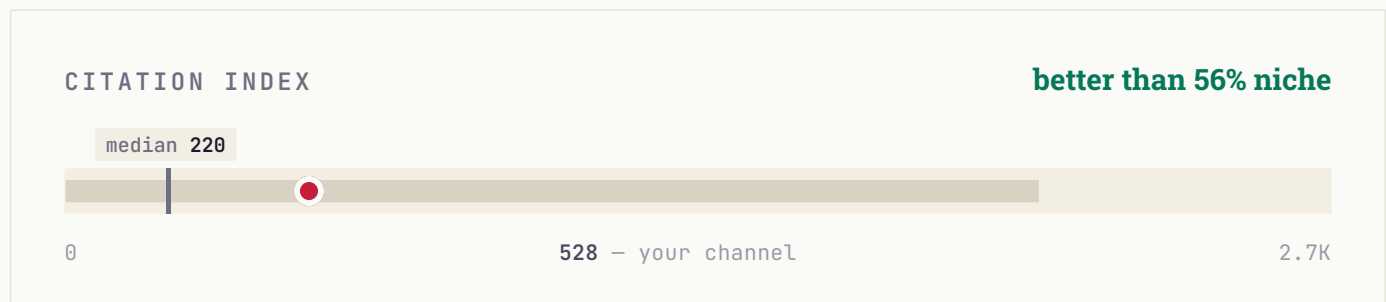
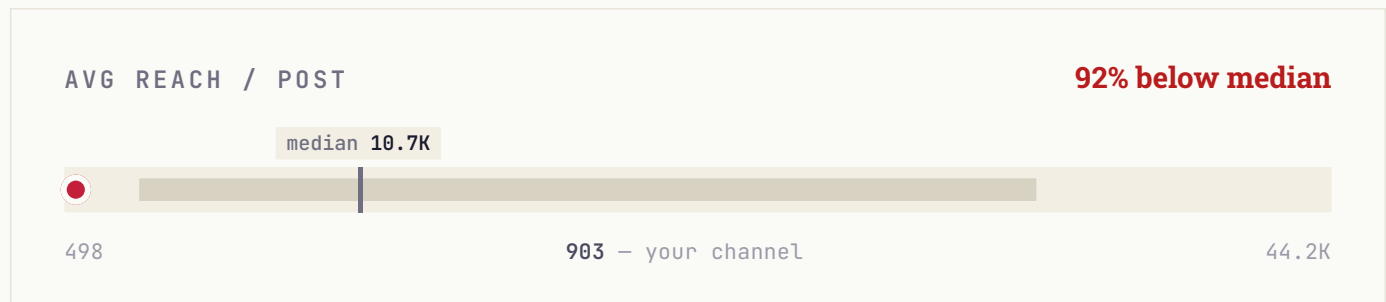
SUBSCRIBERS

94% worse than median

median 170.4K

53.2K 10 246 — your channel 545.2K

Metric	Value
Current Channel Subscribers	10,246
Median Subscribers	170.4K
Performance Gap	94% worse than median
Range (Min)	53.2K
Range (Max)	545.2K



— SECTION 09 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check off and revisit next month.

- | | | |
|-----------|---|--|
| 01 | Main post of the week — on Friday
Audience is most active on this day at 12:00 MSK. | EFFECT
Best time for key posts |
| 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
+1000-3000 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 similar channels
Swap posts quarterly with same-segment channels. 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 — organic traffic source. | EFFECT
Organic traffic source |

★ 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 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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