

PROMTPRESS PUBLIC REPORT

Channel audit

IMRAM KRIYA



@imram_kriya

imram-kriya.com PKH: <https://gosuslugi.ru/snet/679dbbd63ad2501e456f1623>

SUBSCRIBERS

70 380

+124 per month

ERR (% SEE POSTS)

17.0%

per day 8.2%

REACH/POST

11.8K

ad reach 5.8K/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 place

07 Mention dynamics

6 months · monthly

08 Niche comparison

Position in «Health & Fitness» category

09 Strategy

5 priority actions

SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

 SUBSCRIBERS 70 380 —	 SUBSCRIBER REACH 16.78% avg % of subs see a post	 VIEWS/POST 11.8K median 11.4K · 29 days	 POSTS/WEEK 12.0 for the period
 7D TREND -14.2% vs previous week	 REACTIONS/POST 538.7 total 26,936 reactions, 2,034 reposts, 1,029 comments	 POST LENGTH 675 chars median 819 · 29 days	 POSTS ANALYZED 50 29 days
 AD REACH 5.8K 24h avg	 CHURN / MONTH +124 last month	 CITATION RATE 10 citation index · 247 channels mentioned all time	 CHANNEL AGE 9 years 5 months created Jan 16, 2017

AI EDITOR SUMMARY

Channel «IMRAM KRIYA» — 70 380 subs. Each post averages 11.8K people (17% from subs), this is average reach — room to grow. Publishes 12 posts per week (~2/day) — regular schedule. For week Jun 22–28, reach dropped -14.2% vs week Jun 15–21 — worth analyzing why.

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 50 posts over 29 days.
- 02 Dominant format — Video (25/50 posts).
- 03 Avg post length — 675 chars (median 819).
- 04 Audience peak activity — Saturday, 10:00 MSK.
- 05 Top posts get 2x more views than the weakest (18K avg top vs 9.4K worst) — among 50 posts over 29 days. Worth analyzing what top posts have in common: topic, format, timing.

TOP 5 POSTS

Nº1 13.06 · 07:59 TEXT (post without caption — text)	VIEWS 19 713 REP. 35	REACTIONS 376 ER 28.0%
Nº2 13.06 · 07:59 TEXT Wearable inspiration Wallpapers for your smartphone with Imram's quotes on music, spirituality, and love – against a summer...	VIEWS 18 256 REP. 8	REACTIONS 396 ER 25.9%
Nº3 13.06 · 05:29 PHOTO We invite you to join a joint practice! Today at meditation with Master Imram: • Tuning of all body systems • Determining...	VIEWS 16 102 REP. 65	REACTIONS 542 ER 22.9%

Nº4 15.06 · 12:03 VIDEO ↑ How to Make Every Day a Day of Strength and How to Reprogram Yourself?	VIEWS 14 592 REP. 119	REACTIONS 772 ER 20.7%
--	---	--

Nº5 11.06 · 14:44 PHOTO Invitation to Master Imram's personal channel To stay connected with living Knowledge, we invite you to Master's personal Telegram channel. This channel...	VIEWS 14 537 REP. 39	REACTIONS 376 ER 20.7%
--	--	--

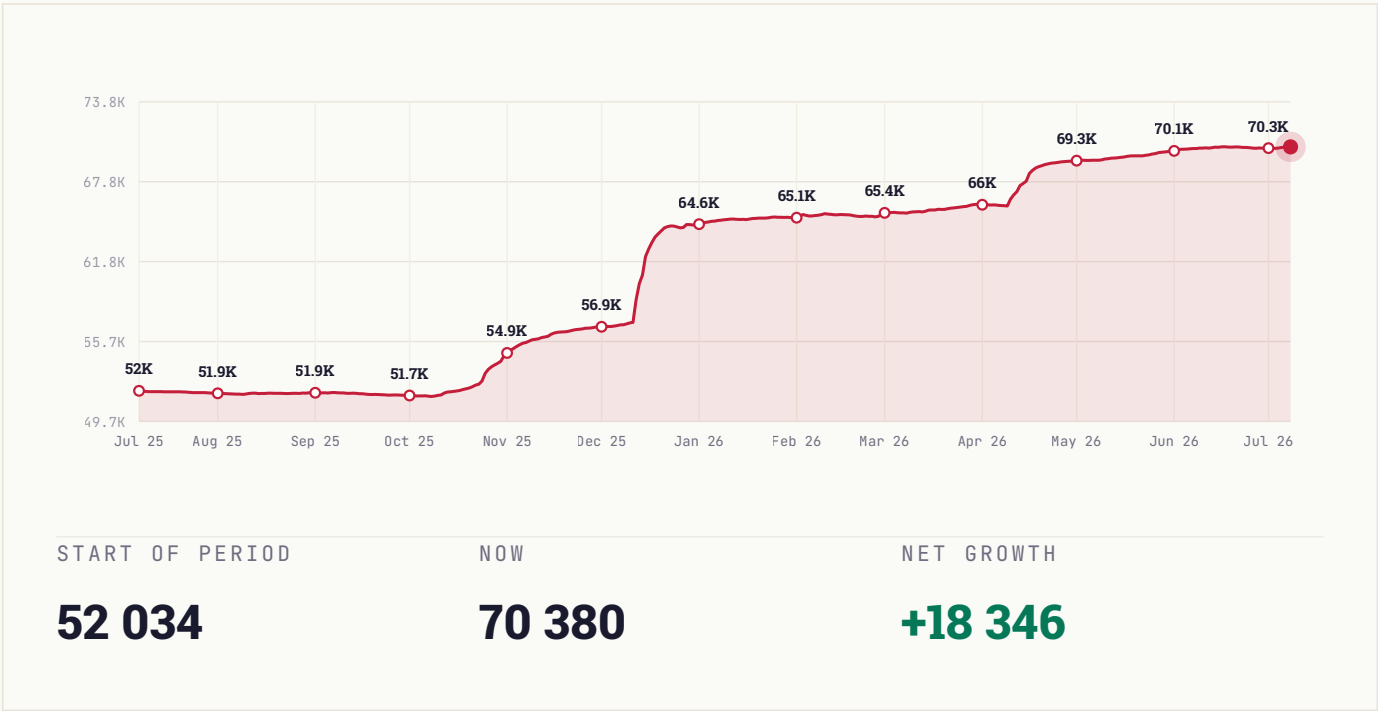
WORST 3

↓ 23.06 · 14:26 TEXT ॐ Mantras Always Nearby We've prepared 4 phone wallpapers with mantras from the concert program. May these sacred...	VIEWS 9 811 REP. 5	REACTIONS 268 ER 13.9%
↓ 01.07 · 10:59 VIDEO How to stay calm in any situation? Understanding how the mind and emotions work is important. But real change begins when...	VIEWS 9 462 REP. 36	REACTIONS 388 ER 13.4%
↓ 30.06 · 13:59 PHOTO One tool for changing internal state is Kriya meditation. Scientific concentration is the foundation of this practice...	VIEWS 8 796 REP. 40	REACTIONS 416 ER 12.5%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

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



SECTION 04 • MENTIONS

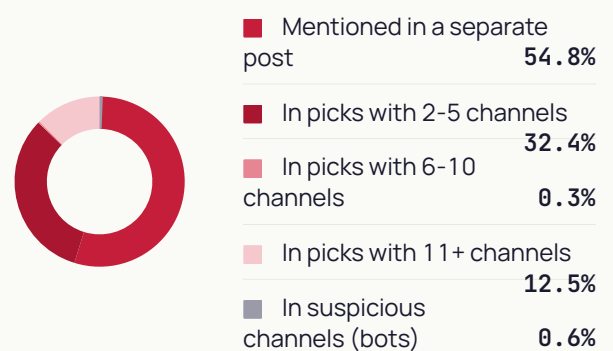
Who mentions the channel and how

Citation index **10** — 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 1K. All-time mentions: **247** different channels.

COUNTRIES WHERE MENTIONED



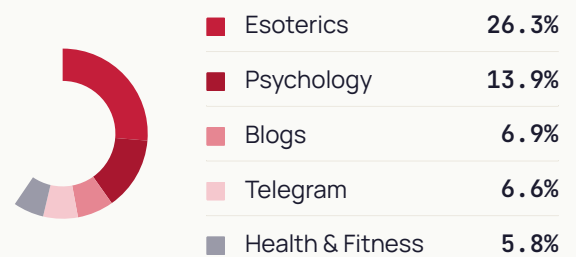
MENTION FORMAT



WHAT SIZE CHANNELS MENTION



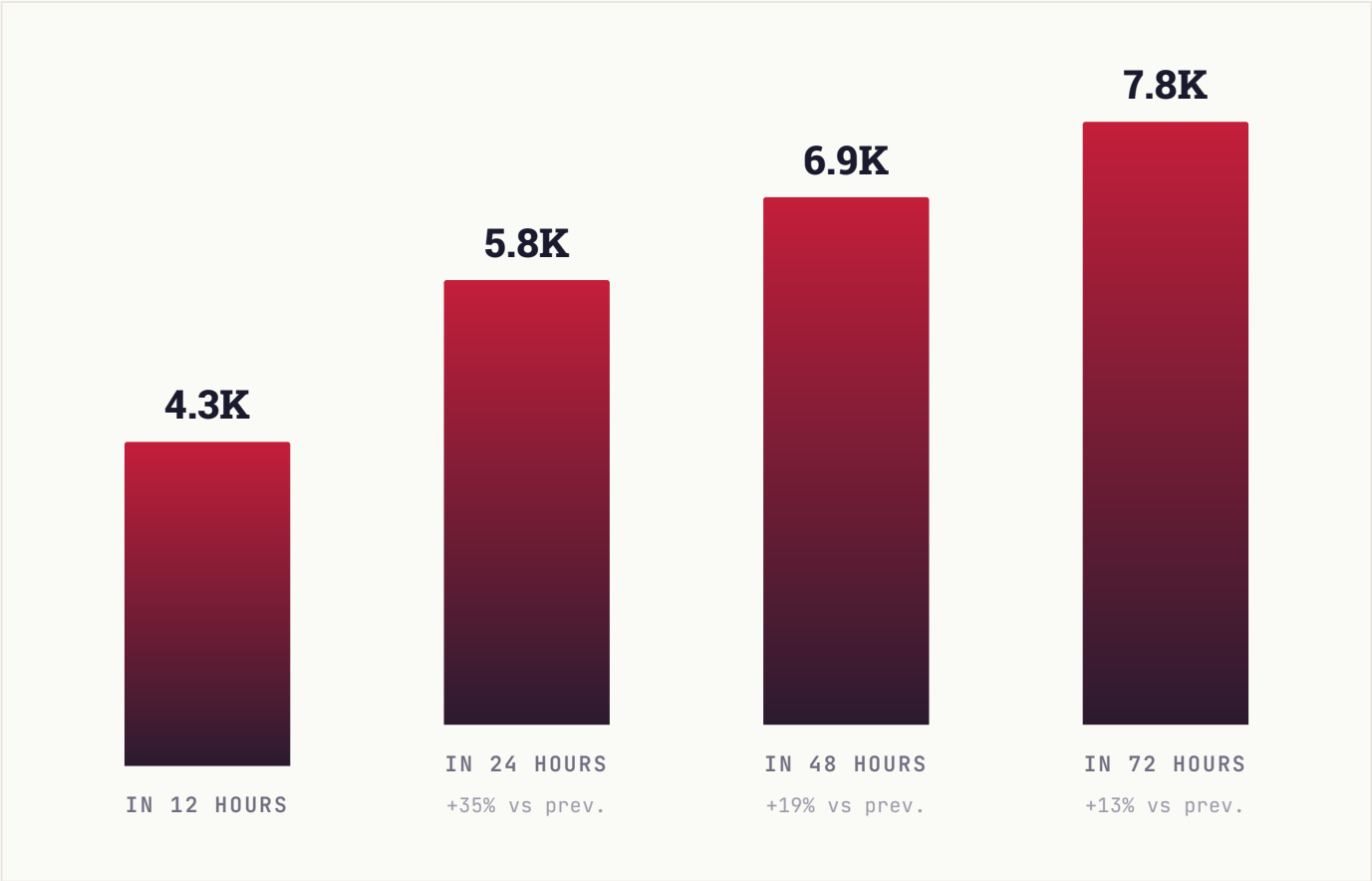
TOPICS WHERE MENTIONED



SECTION 05 · AD POTENTIAL

How long a post generates reach

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



SECTION 06 · COMPETITORS

Who you compete with

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

CHANNEL	SUBSCRIBERS
KZ Test purchase	766.3K
BI Biohackers	581.9K
BI Biohacking	532.6K
SL Sport Life	524.2K
VN Eternity in Tibet	493.1K
NT Our body	480.9K
AU Ales Ulishchenko Osteopath, PhD Author of faceplasty	477K
BZ Stay Healthy	447.7K
ZE Healthy food	416.8K
DZ Doctor Zubareva / Doctor Zubareva	413.5K
IK IMRAM KRIYA YOU	70.4K

COMPARATIVE CONCLUSION

Channel yet outside top 97 of niche — early growth stage. Niche leader — Test purchase (766.3K), top-97 median: 154.7K. First goal: enter top-97 through systematic traffic & content work.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Every month we record posts in other channels that mention yours. Over the last **6 months** such mentions were **35**, they brought **14 016** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
January 2026	5	4	641
December 2025	10	6	7 835
November 2025	7	6	2 173
October 2025	12	7	3 077
September 2025	0	0	85
August 2025	1	1	205

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
35	6	14 016

Where the channel stands in its league

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

- SUBSCRIBERS:** The channel has 70,380 subscribers, which is worse than the niche median of 155.2K by 55%. The range of other channels is from 42.7K to 496.4K.
- AVG REACH / POST:** The channel has 11,811 average reach per post, which is better than the niche median of 9.1K. The range of other channels is from 1.2K to 38.4K.
- CITATION INDEX:** The channel has a citation index of 10, which is worse than the niche median of 296 by 97%. The range of other channels is from 0 to 2.7K.

Metric	Channel Value	Niche Median	Comparison	Other Channels Range
SUBSCRIBERS	70 380	155.2K	worse than median by 55%	42.7K - 496.4K
AVG REACH / POST	11 811	9.1K	better than 55% of niche	1.2K - 38.4K
CITATION INDEX	10	296	worse than median by 97%	0 - 2.7K

— SECTION 09 · STRATEGY

What to do right now

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

- 01

Top post of the week — on Saturday

Audience is most active on this day at 10:00 MSK.

EFFECT

Best window for 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

+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 is an easy win.

EFFECT

+5-15% ER
- 04

Cross-promo with adjacent 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 — it's a source of organic traffic.

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 with us and close your growth plan in a month.

01 **Launch ads in Telegram** <https://panel.promptpress.com/register>

02 **Contact manager** t.me/PromptPress_manager
