

PROMTPRESS PUBLIC REPORT

Channel audit

Doctor Zhimba



@jutshiclinic

Zhimba Danzanov, founder of Chzhud-Shi clinic, doctor of Tibetan medicine (www.jutshi.ru) Book an appointment @jutshi_help
Channel registered in RKN clck.ru/3FFqeM INN 032300267921

SUBSCRIBERS

48 716

-94 per month

ERR (% SEE POSTS)

17.0%

per day 6.0%

REACH/POST

8.9K

ad reach 2.9K/24h

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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 48 716 —	 SUBSCRIBER REACH 18.31% avg % subs see post	 VIEWS/POST 8.9K median 9.6K · 25 days	 POSTS/WEEK 3.8 over period
 7D TREND -7.0% vs previous week	 REACTIONS/POST 372.0 only 5,208 reactions, 801 reposts, 155 comments	 POST LENGTH 794 chars median 1,000 · 25 days	 POSTS ANALYZED 14 25 days
 AD REACH 2.9K 24h avg	 CHURN / MONTH -94 last month	 CITATION RATE 68 citation index · 178 channels mentioned ever	 CHANNEL AGE 9 years 10 months created 17.09.2016

AI EDITOR SUMMARY

Channel «Doctor Zhimba» – 48 716 subs. Each post avg views 8.9K people (18% of subs), avg reach – room to grow. Publishes 4 posts/week (~1/day) – rare. Week Jul 6–12 reach dropped -7.0% to week Jun 29 – Jul 5 – analyze reasons.

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 14 posts in 25 days.
- 02 Dominant format — Text (7/14 posts).
- 03 Avg post length — 794 chars (median 1,000).
- 04 Audience peak activity — Monday, 14:00 MSK.
- 05 Top posts get 2x more views than weakest (top avg 11K vs worst 7K) — among 14 posts in 25 days. Analyze common traits: topic, format, timing.

TOP 5 POSTS

Nº1 22.06 · 11:52 VIDEO Night run — done. Promised 10K in 40 min — didn't make it. Got 41:25. Upset? No. Here's how it went and what...	VIEWS 11 825 REP. 21	REACTIONS 544 ER 24.3%
Nº2 02.07 · 14:04 VIDEO Many think a proper dinner takes time, kitchen & effort. But no: I eat at work, we don't have...	VIEWS 10 814 REP. 110	REACTIONS 284 ER 22.2%
Nº3 03.07 · 12:43 TEXT Under yesterday's salad recipe video many wrote: 'But you said raw veggies at night are bad!' First, thanks for...	VIEWS 10 476 REP. 4	REACTIONS 124 ER 21.5%

Nº4 21.06 • 16:52 PHOTO I get many messages from those who took my various courses, and every time I read them, I'm convinced that nutrition is...	VIEWS 10 374 REACTIONS 119 REP. 5 ER 21.3%
Nº5 03.07 • 12:42 VIDEO (post without caption – video)	VIEWS 10 098 REACTIONS 174 REP. 9 ER 20.7%

WORST 3

↓ 26.06 • 09:40 VIDEO Kailas – second big talk Last time I explained why I'm going to Kailas and why this year. This time we...	VIEWS 8 123 REACTIONS 149 REP. 55 ER 16.7%
↓ 29.06 • 12:22 TEXT How grandpa caught me This story always comes to mind when asked about pulse diagnostics. While he was alive...	VIEWS 8 038 REACTIONS 580 REP. 51 ER 16.5%
↓ 15.07 • 13:42 TEXT Bacteria – a source of longevity? In science, there is a concept – factors that contribute to aging. Currently, twelve are identified. And one of...	VIEWS 4 724 REACTIONS 413 REP. 116 ER 9.7%

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 vs. loss.

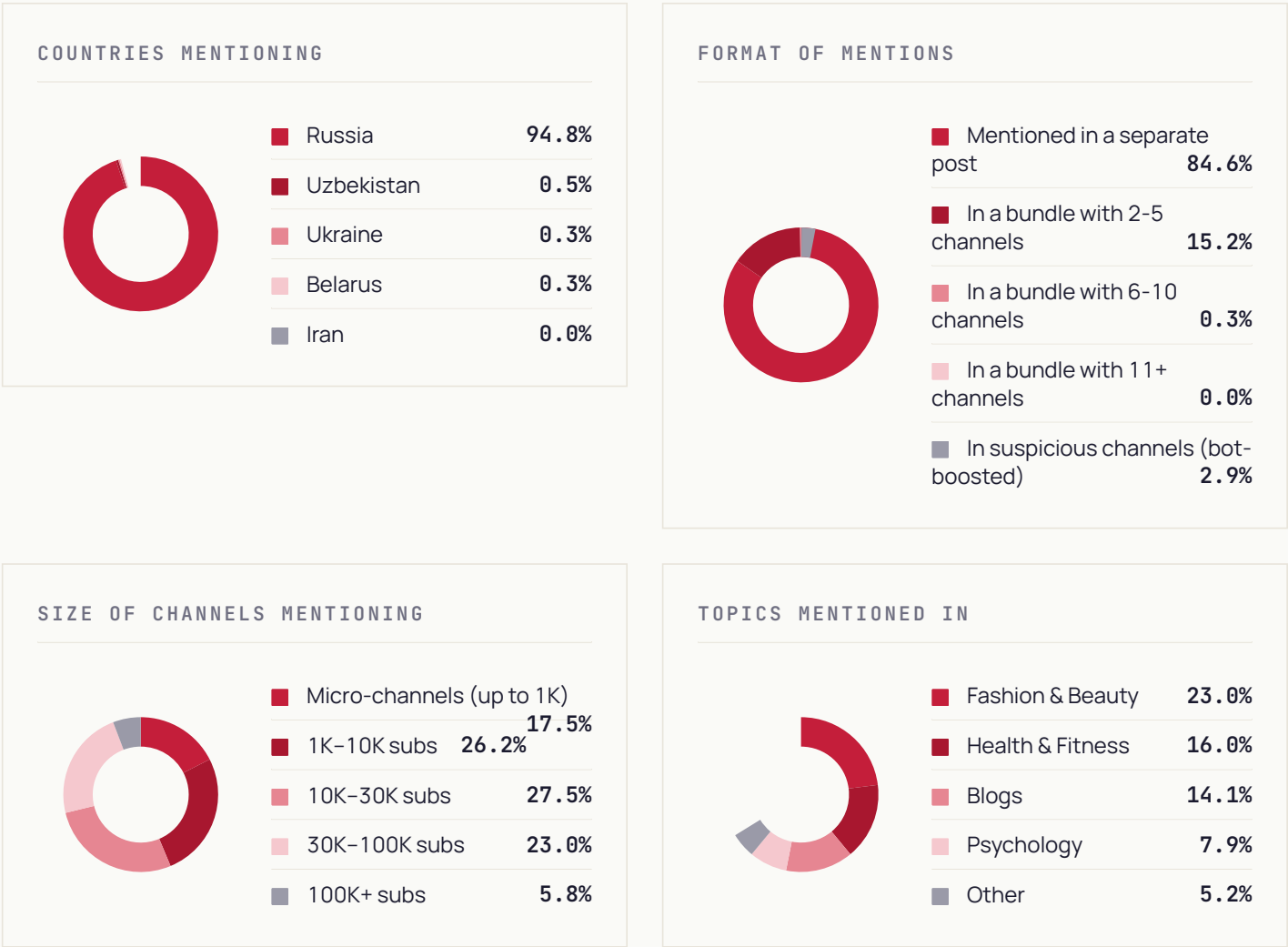


PERIOD START	NOW	NET GROWTH
47 998	48 716	+718

SECTION 04 · MENTIONS

Who mentions the channel & how

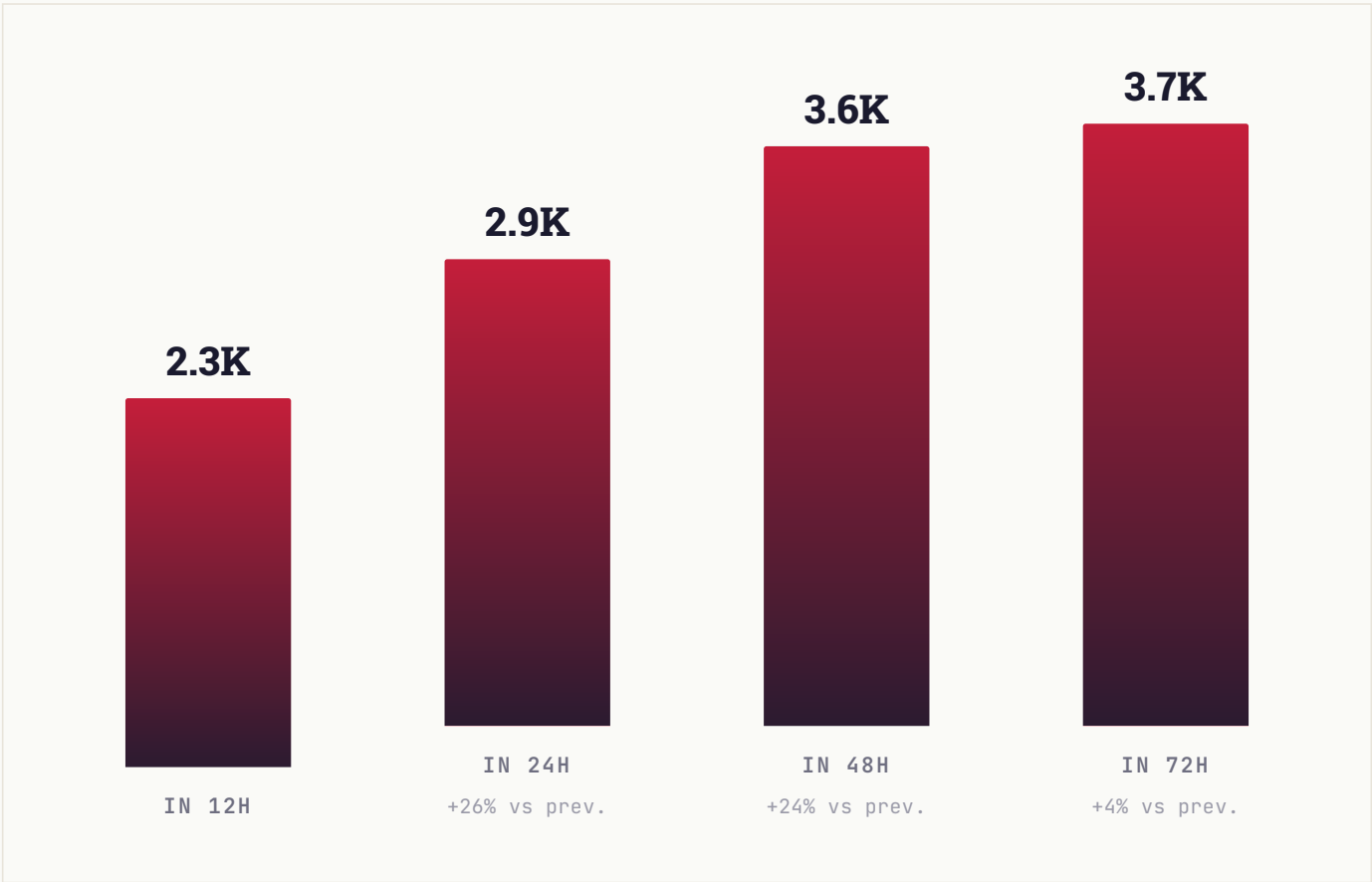
Citation index **68** — channel popularity rating based on mentions. Considers not only quantity but also weight of mentioners: a post from a 100K subs channel 'weighs' more than from a 1K subs channel. All time channel was mentioned **178** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

Avg ad post reach over time from publication. Helps estimate how long placement stays relevant.



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic & audience. Your channel is highlighted — see where you rank among niche peers.

CHANNEL	SUBSCRIBERS
DD DIETOLOG DILYA ASLIDDINOVNA RASMIY	1.2M
KZ Test Purchase	761.6K
BI Biohackers	579.1K
GS GymDeals- Supplements & Whey Protein Offers	539.6K
BI Biohacking	530.5K
SL Sport Life	522.2K
VN Eternity in Tibet	490.9K
NT Our Body	479.2K
AU Ales Ulishchenko Osteopath, PhD in Medicine Author of faceplasty	475.3K
BZ Stay Healthy	446.6K
DJ Doctor Zhimba YOU	48.7K

COMPARATIVE CONCLUSION

Channel not yet outside niche top 97 — early growth stage. Niche leader — DIETOLOG DILYA ASLIDDINOVNA RASMIY (1.2M), top-97 median: 165.8K. First goal — enter top-97 through systematic work on traffic and content.

SECTION 07 · MENTION TRENDS

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 **17**, they brought **1 804** new subs.

PERIOD	MENTIONS	CHANNELS	SUBS ACQUIRED
January 2026	1	1	166
December 2025	1	1	241
Nov 2025	5	5	224
Oct 2025	3	2	125
September 2025	3	3	772
August 2025	4	4	276

TOTAL MENTIONS	MONTHS OF DATA	SUBS ATTRACTED
17	6	1 804

Where the channel stands in its league

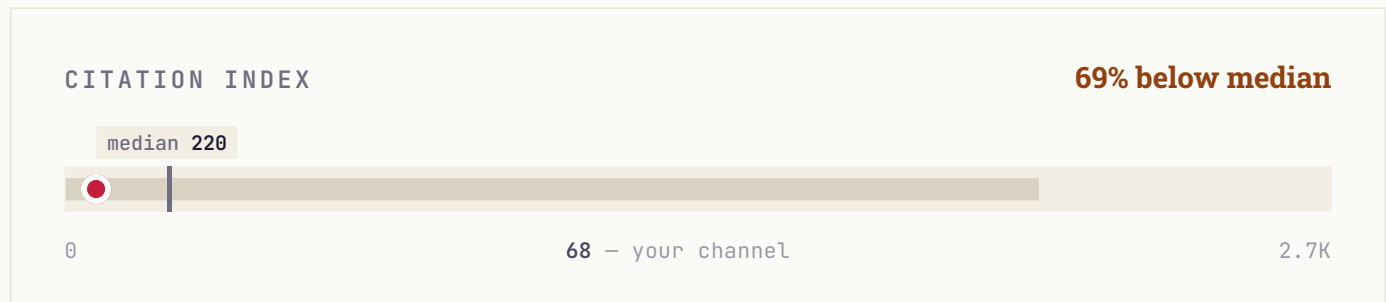
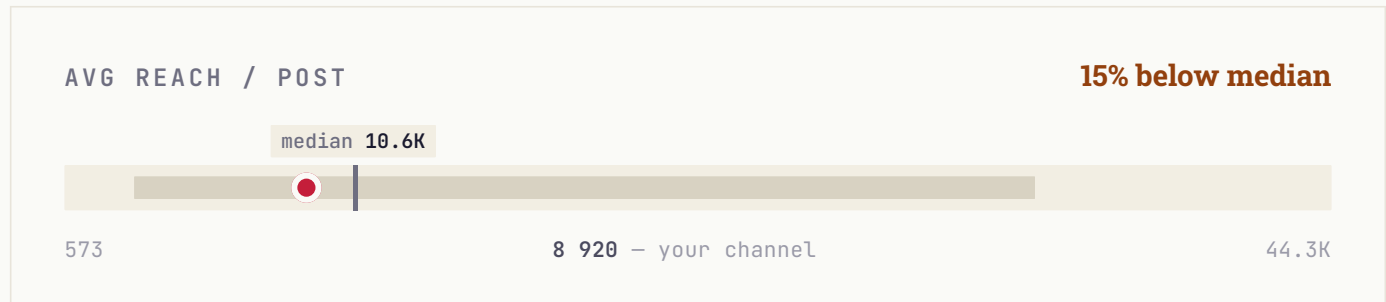
SUBSCRIBERS

worse than median by 71%

median 170.1K

53K 48 716 - your channel 544K

Metric	Value
Current Channel Subscribers	48,716
Median Subscribers	170.1K
Range Start (Lower Bound)	53K
Range End (Upper Bound)	544K



— SECTION 09 · STRATEGY

What to do right now

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

01

Increase posting frequency

Now 3.8 posts/wk. Active channels average 7-10.
Consistency is key to retention.

EFFECT

Consistency > volume

02

Top post of the week — on Monday

Audience is most active on this day at 14:00 MSK.

EFFECT

Best time for important posts

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 — an easy growth point.

EFFECT

+5-15% ER

05

Cross-promo with similar channels

Swap posts quarterly with same-segment channels.
Not 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 minutes from public data. Want to go further? Run ads through us and hit your growth plan in a month.

01

**Launch ads in
Telegram**

<https://panel.promptpress.com/register>

02

Contact manager

t.me/PromptPress_manager
