

PUBLIC REPORT BY PROMTPRESS

Channel audit

Namochi Mantu



@namochimanturu

Evidence-based medicine channel by medical journalist Dasha Sarkisyan. At various times helped by Marianna Mirzoyan, Karina Nazaretyan, and Ira Morgunova. Project «Namochi Mantu» founded by Dasha,...

SUBSCRIBERS

56 918

-71 per month

ERR (% SEE POSTS)

12.0%

per day 10.4%

REACH/POST

6.5K

ad reach 6K/24h

— CONTENTS · 2026

What's inside the report

01 Channel snapshot

12 key metrics · AI summary

02 Content analysis

Top-5 posts · worst 3 · takeaways

03 Subscriber dynamics

Yearly chart · growth

04 Citation rate

Who mentions the channel and how

05 Ad potential

How long a post brings reach

06 Competitors

Niche neighbors · your place

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 – a separate channel health indicator. Subtitle shows the period.

 SUBSCRIBERS 56 918 —	 SUBS REACH 11.48% avg % subs see post	 VIEWS/POST 6.5K median 6.5K · —	 POSTS/WEEK 1.0 over period
 7D TREND — no data for period	 REACTIONS/POST — MTPROTO only	 POST LENGTH 1,000 chars median 1K · —	 POSTS ANALYZED 1 —
 AD REACH 6K 24h avg	 CHURN / MONTH -71 over last month	 CITATION RATE 99 citation index · 695 channels mentioned ever	 CHANNEL AGE 10 years 6 months created 11.01.2016

AI EDITOR SUMMARY

Channel «Namochi Mantu» — 56 918 subs. Avg views per post: 6.5K people (11% of subs), reach is low — consider expanding audience. Publishes 1 posts per week (~0 per day) — infrequent posts.

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 1 posts for –.
- 02 Dominant format – Text (1/1 posts).
- 03 Avg post length – 1000 chars (median 1000).
- 04 Peak audience activity – Monday, 14:00 MSK.
- 05 Top posts get by 0 times more views than the weakest (2.2K avg for top vs 6.5K for worst) – among 1 posts for –. Worth analyzing what the top has in common – topic, format, time.

TOP 1 POSTS

№120.07 · 11:42TEXT	VIEWS	REACTIONS
	6 537	–
	REPOSTS	ER
«Энциклопедия для девочек» здорового человека и две книги о бесплодии Now в продаже осталось мало книг, где детям спокойно и...	92	11.5%

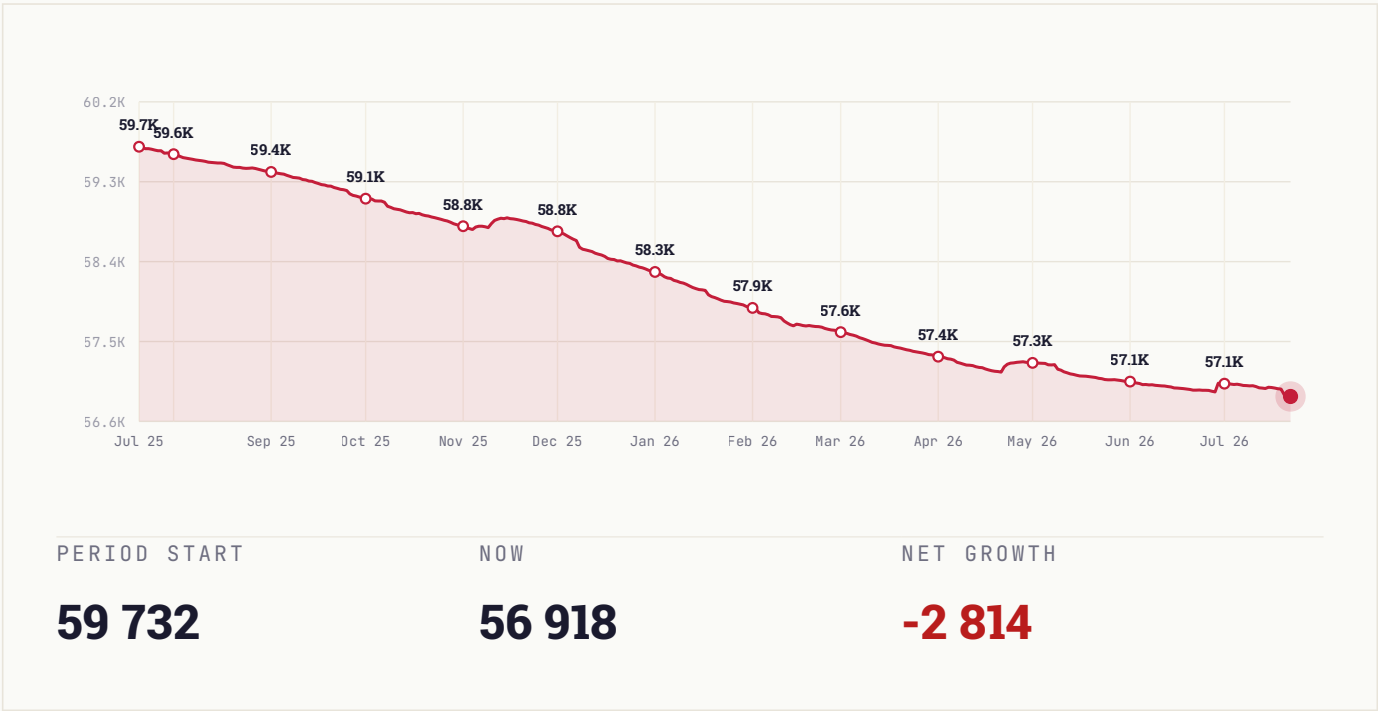
WORST 1

↓20.07 · 11:42TEXT	VIEWS	REACTIONS
	6 537	–
	REPOSTS	ER
«Энциклопедия для девочек» здорового человека и две книги о бесплодии Now в продаже осталось мало книг, где детям спокойно и...	92	11.5%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

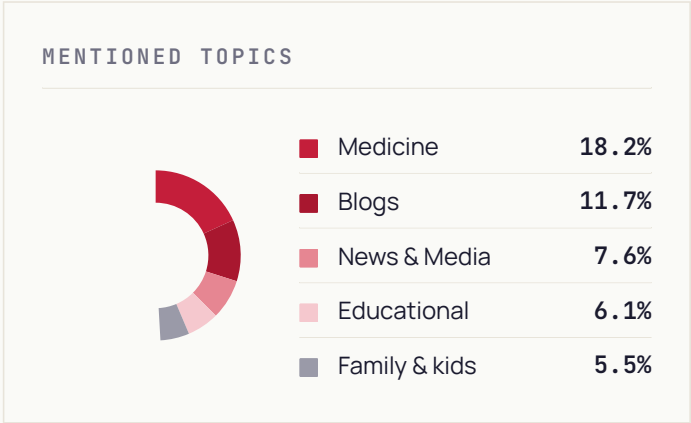
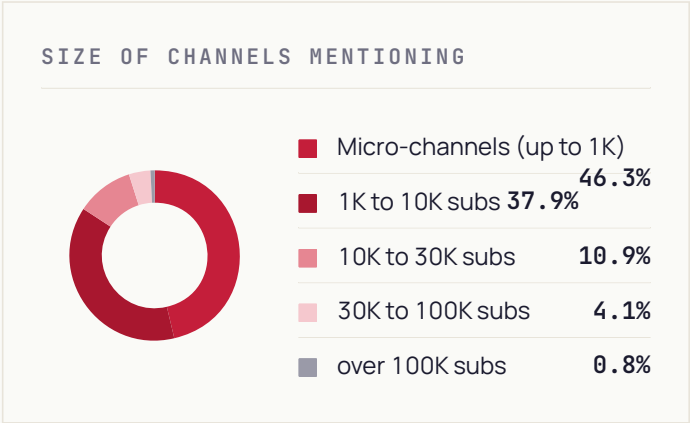
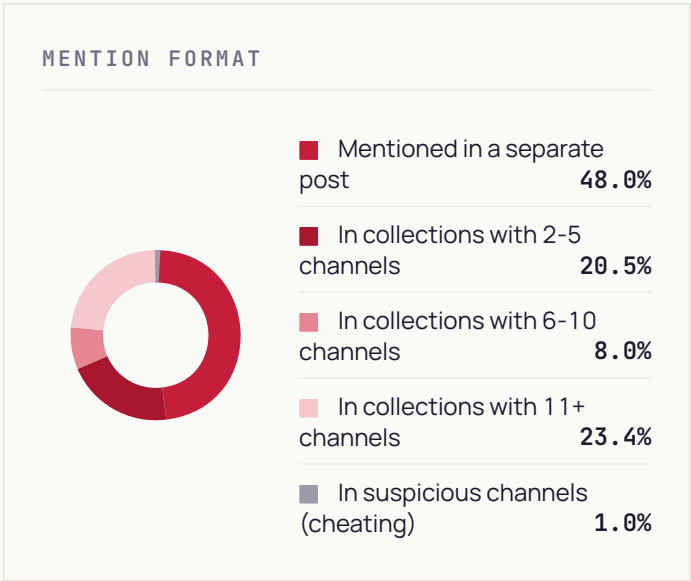
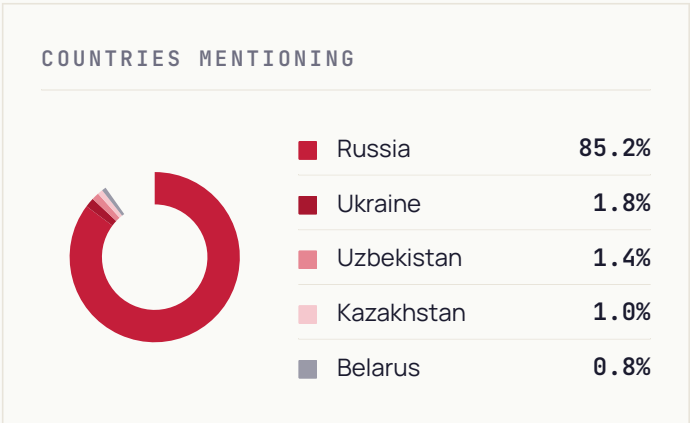
Subscriber growth chart for the year. Key months show exact subs. See which months grew and which lost subs.



SECTION 04 · MENTIONS

Who and how mentions the channel

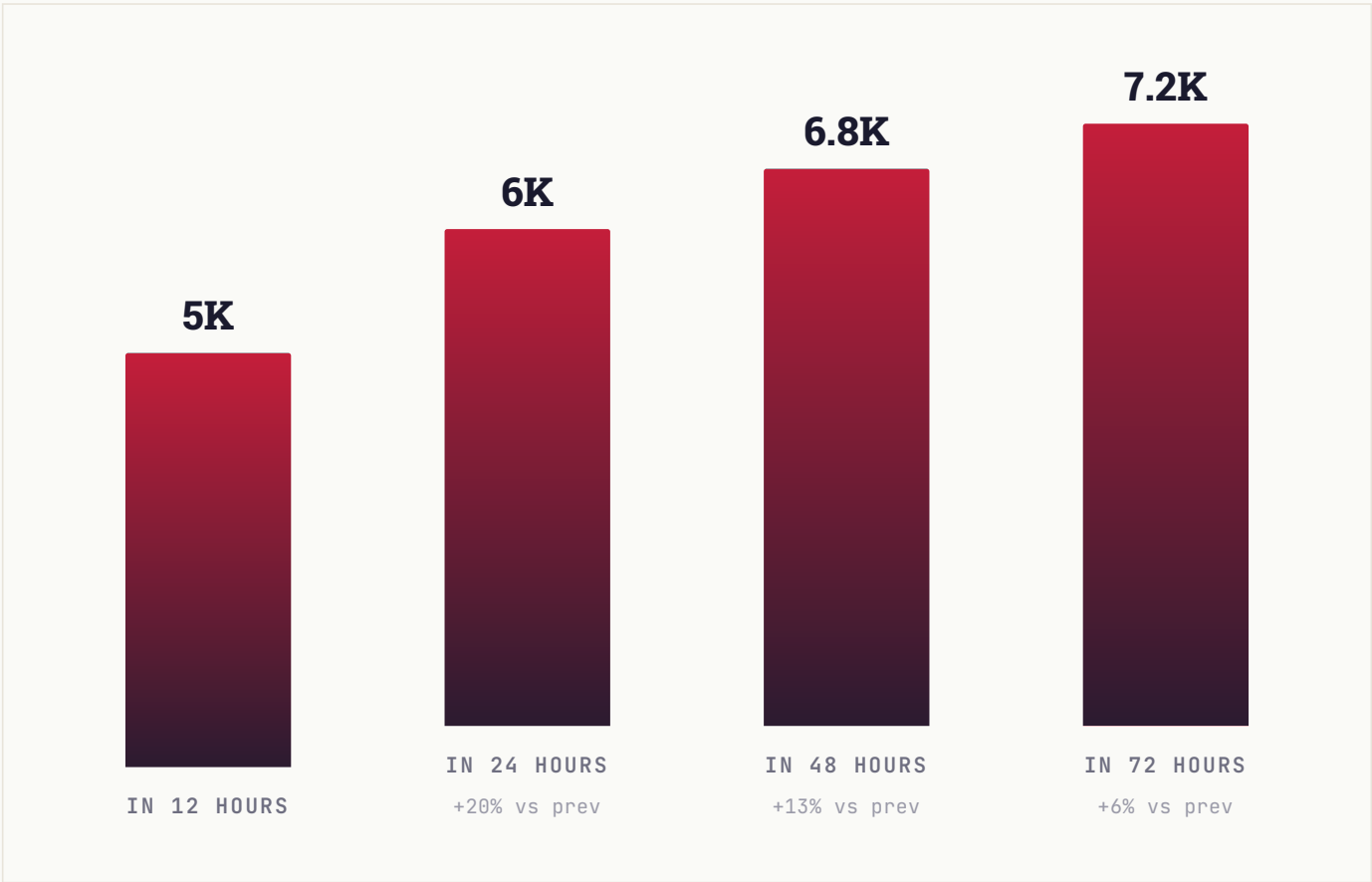
Citation index **99** – channel popularity rating based on mentions. Considers not only their count but also the weight of mentioners: a post from a 100K subs channel 'weighs' more than from a 1K subs channel. All time the channel was mentioned **695** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings 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	763.3K
BI Blog from the morgue	353.5K
تا تعليم اللغة الإنجليزية 🧑🏫	327.7K
🩺 الجراحة 🩺 Surgery 🩺 - Crypto currency	317.8K
EM Endocrinologist Magerya	292.2K
SP SENIOR PHARMACIST	264.4K
MM Moscow Medicine	237.2K
AP APTEKA_TV	237K
🌿 X 🌿 Халқ табobati 🌿	232.5K
HC HealthControl	222K
NM Namochi Mantu YOU	56.9K

COMPARATIVE INSIGHT

Channel not yet outside top-97 of niche — early growth stage. Niche leader — Dr Tel (763.3K), top-97 median: 103.8K. First goal — enter top-97 through systematic work on traffic and content.

SECTION 07 · MENTION TRENDS

How often the channel is mentioned

Monthly we track posts in other channels that mention yours. Over the last **6 months** such mentions were **1**, they brought **164** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
January 2026	0	0	0	
December 2025	1	1	2	
Nov 2025	0	0	151	
Oct 2025	0	0	4	
Sep 2025	0	0	0	
August 2025	0	0	7	

TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBSCRIBERS
1	6	164

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 bar representing the range of other channels (0 to 2K), a darker beige bar representing the top 50% of channels, and a vertical line for the median. A red dot indicates the channel's position.

- SUBSCRIBERS:** The channel is at 56,918, which is 46% below the median of 105K. The range of other channels is from 36.1K to 279.2K.
- AVG REACH / POST:** The channel is at 6,537, which is 27% below the median of 9K. The range of other channels is from 55 to 31K.
- CITATION INDEX:** The channel is at 99, which is better than 50% of the niche. The median is 64, and the range of other channels is from 0 to 2K.

Metric	Channel Value	Median	Comparison	Range (Other Channels)
SUBSCRIBERS	56,918	105K	46% below median	36.1K - 279.2K
AVG REACH / POST	6,537	9K	27% below median	55 - 31K
CITATION INDEX	99	64	better than 50% of niche	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

Now 1.0 posts/week. Active channels average 7-10.
Consistency is key to retention.

EFFECT

**Consistency
beats volume**

02

Best post day — Monday

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

EFFECT

**Best window
for important
posts**

03

Increase share of video posts

Video in Telegram holds audience longer and is favored
by the algorithm. Aim for 15-25% share.

EFFECT

**Video holds
audience
better**

04

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**

05

Test polls & interactive formats

Posts with polls/reactions usually boost ER by +5-15%.
One poll per week on a hot topic — easy growth point.

EFFECT

+5-15% ER

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit — what we can do in a few minutes based on public data. 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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