

— PROMTPRESS PUBLIC REPORT

Channel audit

Eternity in Tibet

**@tibet_love**

Tibetan wisdom has been famous for its great knowledge for millennia. So get to know it here and now! Ads: @J_A_Sh Collab: @Spiral_Miya Exchange: telega.in/c/tibet_health For a friend:...

SUBSCRIBERS

494 319

-5916 per month

ERR (% SEE POSTS)

3.0%

daily 1.4%

REACH/POST

13.4K

ad reach 7K/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 494 319 —	 SUBSCRIBER REACH 2.7% avg % of subs see a post	 VIEWS/POST 13.4K median 14.1K · 29 days	 POSTS/WEEK 21.8 for the period
 7D TREND -8.4% vs prev week	 REACTIONS/POST 248.0 total 22,820 reactions, 8,108 reposts, 0 comments	 POST LENGTH 223 chars median 179 · 29 days	 POSTS ANALYZED 92 29 days
 AD REACH 7K 24h avg	 CHURN / MONTH -5916 last month	 QUOTABILITY 3 054 citation index · 3,283 channels mentioned all time	 CHANNEL AGE 5 yrs 5 mo created 04.01.2021

AI EDITOR SUMMARY

Channel «Eternity in Tibet» — 494 319 subs. Each post averages 13.4K people (3% from subs), reach is low — consider expanding audience. Publishes 22 posts per week (~3/day) — active posting. For week Jun 15–21, reach dropped -8.4% to week Jun 8–14 — worth analyzing 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 TOP POSTS HAVE IN COMMON

- 01 Analysis based on 92 posts over 29 days.
- 02 Dominant format – Photo (92/92 posts).
- 03 Avg post length – 223 chars (median 179).
- 04 Audience peak activity – Thu, 16:00 MSK.
- 05 Top posts get 2x more views than the weakest (16.8K avg for top vs 9.6K for worst) – among 92 posts over 29 days. Worth analyzing what top posts have in common: topic, format, timing.

TOP 5 POSTS

Nº1 02.06 · 17:11 PHOTO By helping lazy people, you help them sit on your neck. tibet_love 👉 We are in MAX	VIEWS 16 902 REP. 186	REACTIONS 306 ER 3.4%
Nº2 02.06 · 05:11 PHOTO Unexpected solutions have a much better chance of success than those endlessly pondered and weighed. tibet_love 👉 We are in MAX	VIEWS 16 798 REP. 114	REACTIONS 290 ER 3.4%
Nº3 03.06 · 05:11 PHOTO The temptation to give up will be strongest just before victory. tibet_love 👉 We're in MAX	VIEWS 16 758 REP. 98	REACTIONS 283 ER 3.4%

Nº4 04.06 · 05:11 PHOTO Human happiness today consists of having fun. Having fun means getting pleasure from consuming and...	VIEWS 16 746 REP. 84	REACTIONS 240 ER 3.4%
Nº5 07.06 · 11:11 PHOTO Life is not what happens to you, it's what you make of it. tibet_love 👉 We're in MAX	VIEWS 16 674 REP. 117	REACTIONS 268 ER 3.4%

|

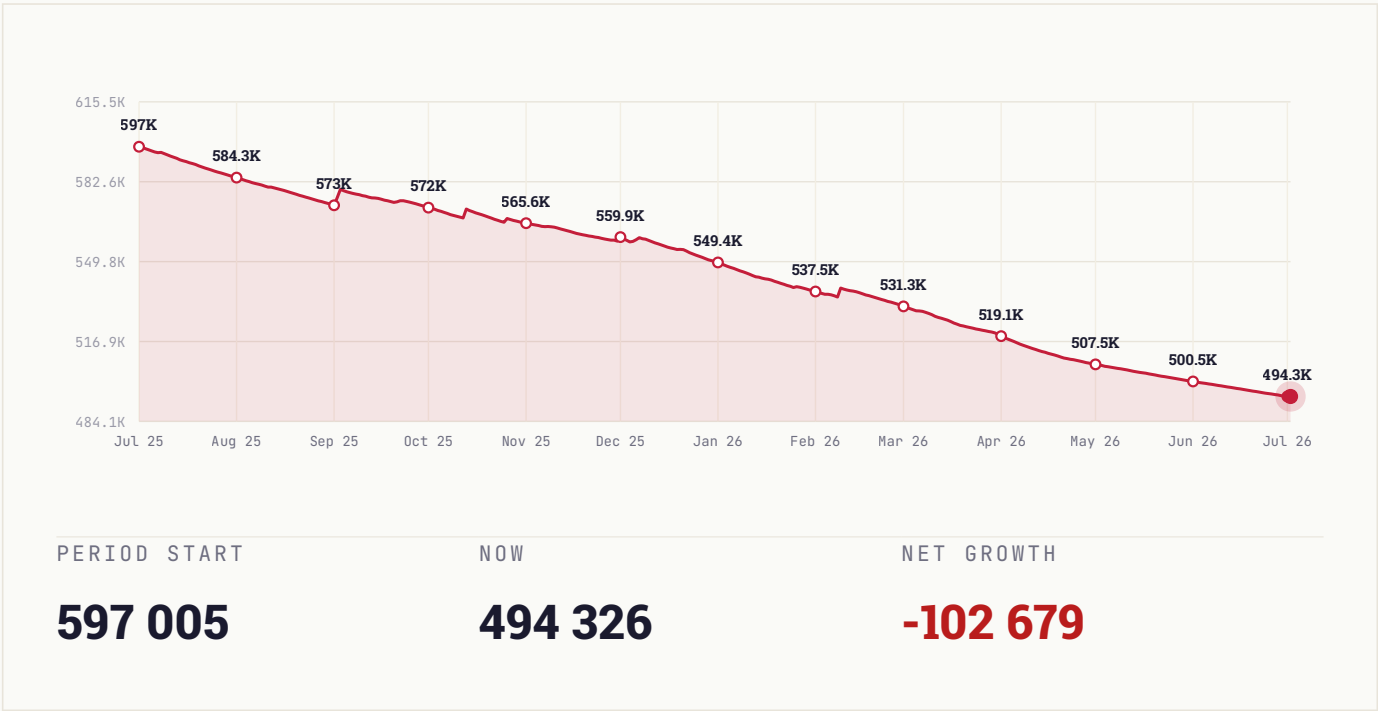
WORST 3

↓ 28.06 · 05:11 PHOTO Look at the sky more often. When you feel bad, look at the stars or the azure during the day. When you're sad, when you're offended, when something...	VIEWS 10 083 REP. 112	REACTIONS 306 ER 2.0%
↓ 28.06 · 10:43 PHOTO You are stronger than you think. Sometimes you just need to reach the limit to realize it. tibet_love 👉 We are in MAX	VIEWS 9 447 REP. 71	REACTIONS 223 ER 1.9%
↓ 28.06 · 17:11 PHOTO They say happiness is boring, but that's because boring people are often very happy, while interesting and smart people manage to poison...	VIEWS 9 231 REP. 55	REACTIONS 164 ER 1.9%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

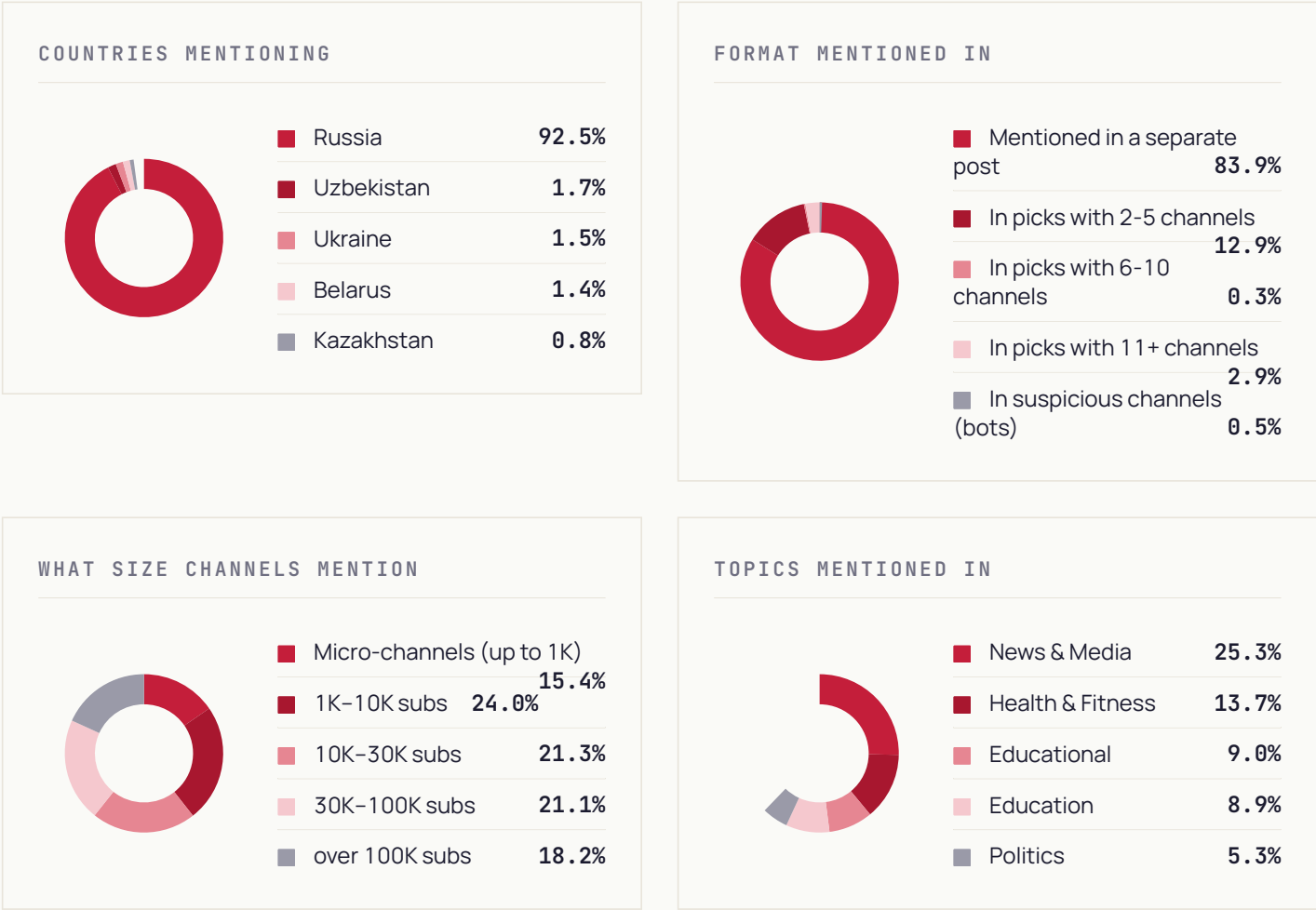
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel grew and which it lost subs.



SECTION 04 · MENTIONS

Who mentions the channel and how

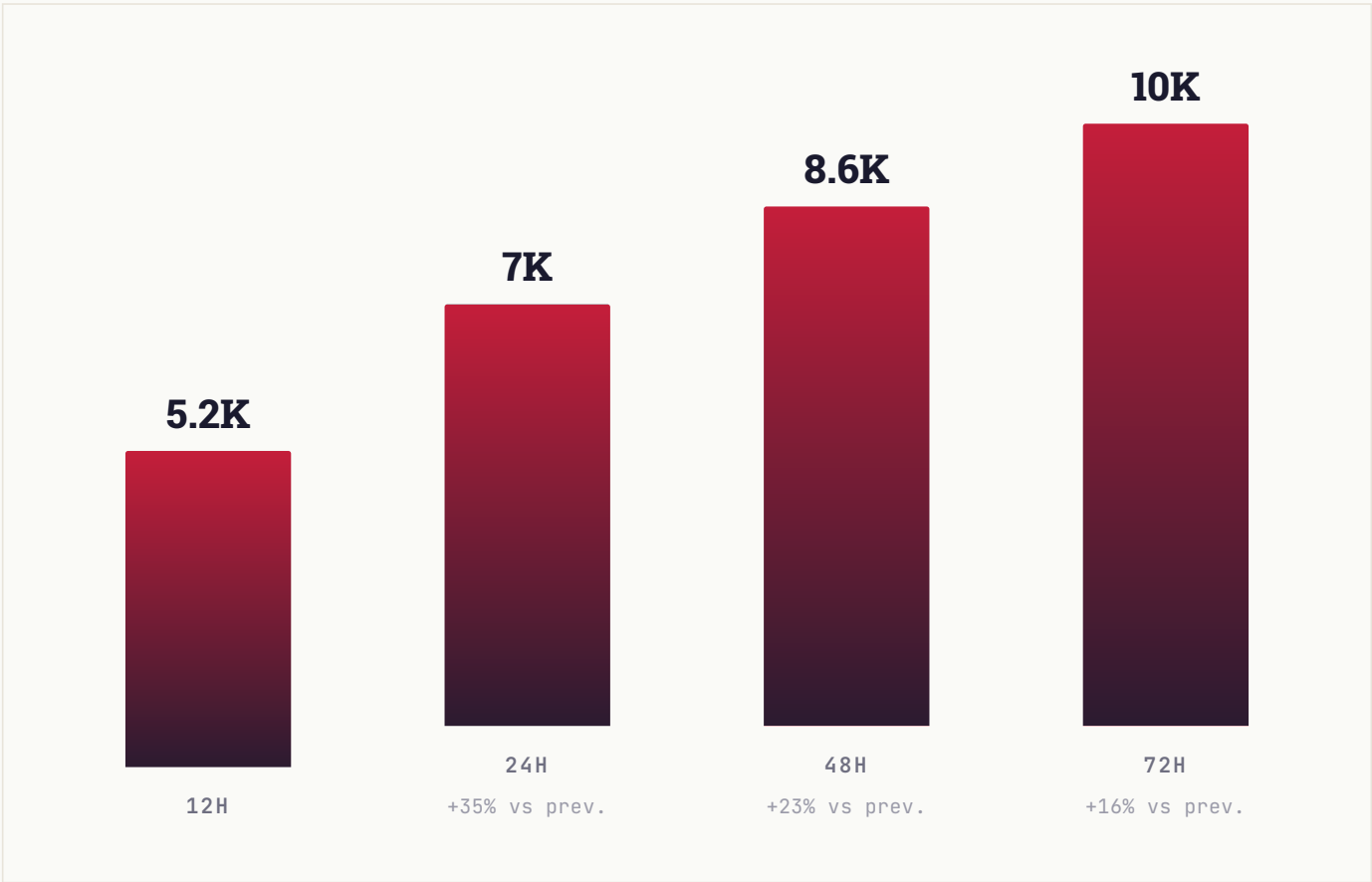
Citation index **3 054** — channel popularity rating based on mentions. Considers both count and weight of mentioners: a post from a 100K subs channel weighs more than from 1K subs. All time channel was mentioned **3 283** different channels.



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 — see its rank among niche peers.

CHANNEL	SUBSCRIBERS
KZ Test purchase	770.1K
BI Biohackers	583.9K
BI Biohacking	534.2K
SL Sport Life	525.7K
VN Eternity in Tibet YOU	494.3K
NT Our body	482.1K
AU Ales Ulishchenko Osteopath, PhD Author of faceplasty	478.4K
BZ Stay healthy	448.6K
ZE Healthy food	418.1K
DZ Doctor Zubareva / Doctor Zubareva	414.2K
HS Homo Sapiens	367.7K

COMPARATIVE INSIGHT

Channel in top-10 niche (#5 of 97). Strong position. Niche leader — Test purchase (770.1K), room to grow to #1. Mutual exchanges with other top-10 channels as equals.

SECTION 07 · MENTION DYNAMICS

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 **637**, they brought **16 208** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
January 2026	46	21	329	
December 2025	107	52	3 412	
November 2025	143	132	56	
October 2025	90	71	5 197	
September 2025	191	165	7 214	
August 2025	60	26	0	

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
637	6	16 208

SECTION 08 · NICHE COMPARISON

Where the channel stands in its league

Took top-100 channels in category «Health & Fitness» (Russia) and saw how your channel compares. Gray band = range for 80% of niche channels (p10 to p90). Black vertical = median. Red dot = your channel.

#5/100

POSITION IN NICHE

Channel in top 5% Health & Fitness Russia



— 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

Top post of the week — on Thursday

Audience most active on this day at 16:00 MSK.

EFFECT

**Best window
for an
important post**

02

Increase video post share

Video in Telegram holds audience longer and is favored by the algorithm. We recommend increasing share to 15-25%.

EFFECT

**Video retains
audience
better**

03

ER below niche benchmark — rethink formats

Current ER 2.7% vs norm 7.0%. Try polls and interactive formats.

EFFECT

+4.3pp ER

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 and interactive formats

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

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. If you want to go further — run ads through 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
