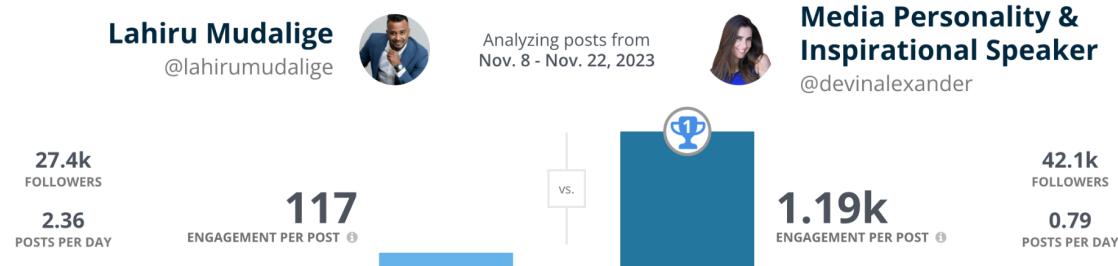


# Full Analysis Report of Lahiru Mudalige's Instagram (June 2016 to 22nd of November 2023)



## Key Insights

**Media Personality & Inspirational Speaker** takes the trophy for receiving 10x more engagement per post than **Lahiru Mudalige**.

Both handles post almost every day of the week. Nice work being consistent!

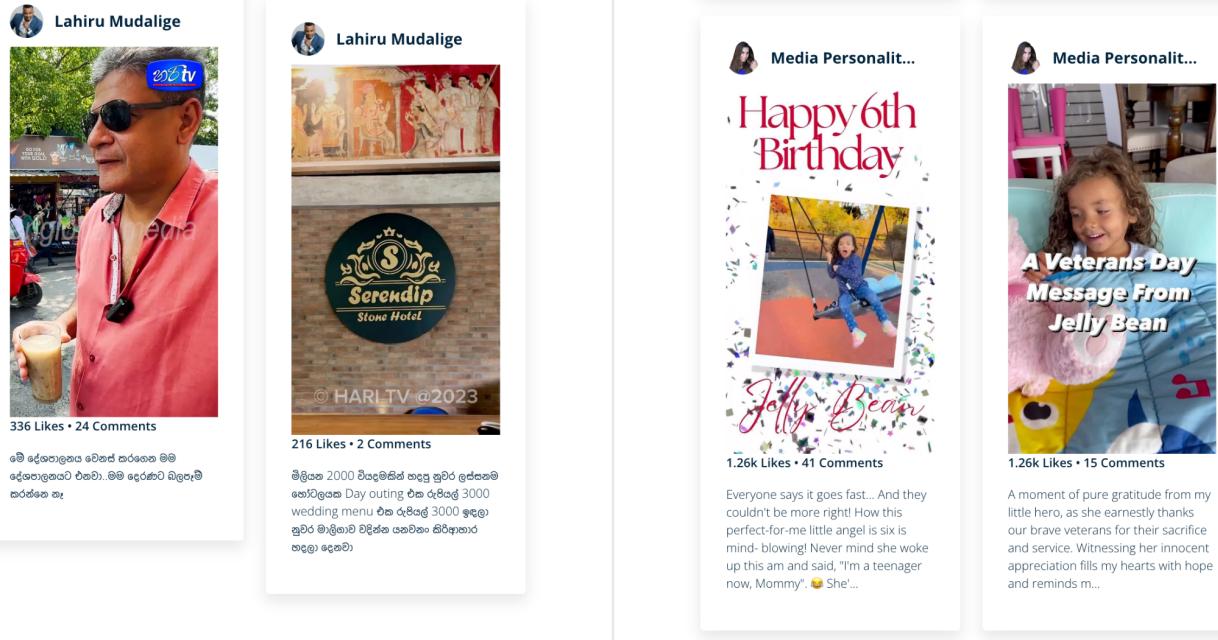
Crushing it! **Media Personality & Inspirational Speaker** received 11x more comments per post than **Lahiru Mudalige**, which explains how they're leading the pack in post engagement.

## Top Performing Posts

The grid displays four top-performing posts from two Instagram accounts:

Account	Post Description	Likes	Comments
Lahiru Mudalige	Interior view of a modern restaurant with warm lighting and orange chairs.	672 Likes	4 Comments
Lahiru Mudalige	Man standing by a swimming pool with greenery in the background.	371 Likes	1 Comment
Media Personality & Inspirational Speaker	Child in a hospital bed with a pink blanket featuring a cartoon character.	1.45k Likes	93 Comments
Media Personality & Inspirational Speaker	Woman in a pink shirt with text overlay: "What Should I Do?"	1.34k Likes	13 Comments

Below each post are detailed captions and hashtags.



## Activities

### Posts per Day ⓘ

Posting multiple times per day gives you more chances to get in front of your followers. But beware—more isn't always more and can lead to follower fatigue.



### Days per Week with Post ⓘ

Posting at least once a day helps companies stay consistent, relevant, and top of mind for your followers.



### Hashtags per Post ⓘ

(excluding hashtags in comments)

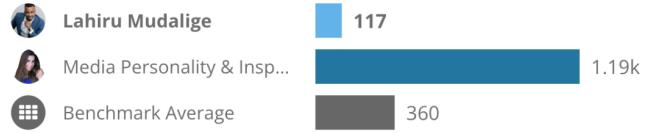
Relevant hashtags in posts mean more chances for your post to be seen through hashtag searches and by hashtag followers. Note that relevant hashtags are better than more hashtags.



# Engagement

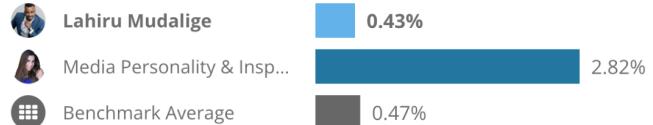
## Engagement Total per Post

Higher engagement totals help more people see your content. When it comes to likes and comments, more is always better.



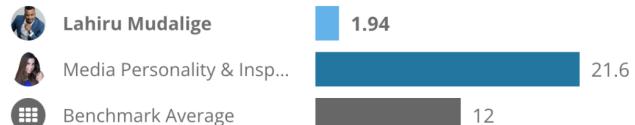
## Engagement Rate

Engagement rate evens the playing field between companies with varying audience sizes. A higher engagement rate means you're posting content that excites your followers.



## Comments per Post

Comments amplify your reach by increasing the likelihood of appearing in the Explore feed. Instagram users can also tag their friends in comments, which can help your content be seen by more people.



# Audience

## Followers

One follower that engages with your social posts is worth more than dozens who don't, so strive to build relationships with users through relevant and engaging content.



## Follower to Following Ratio

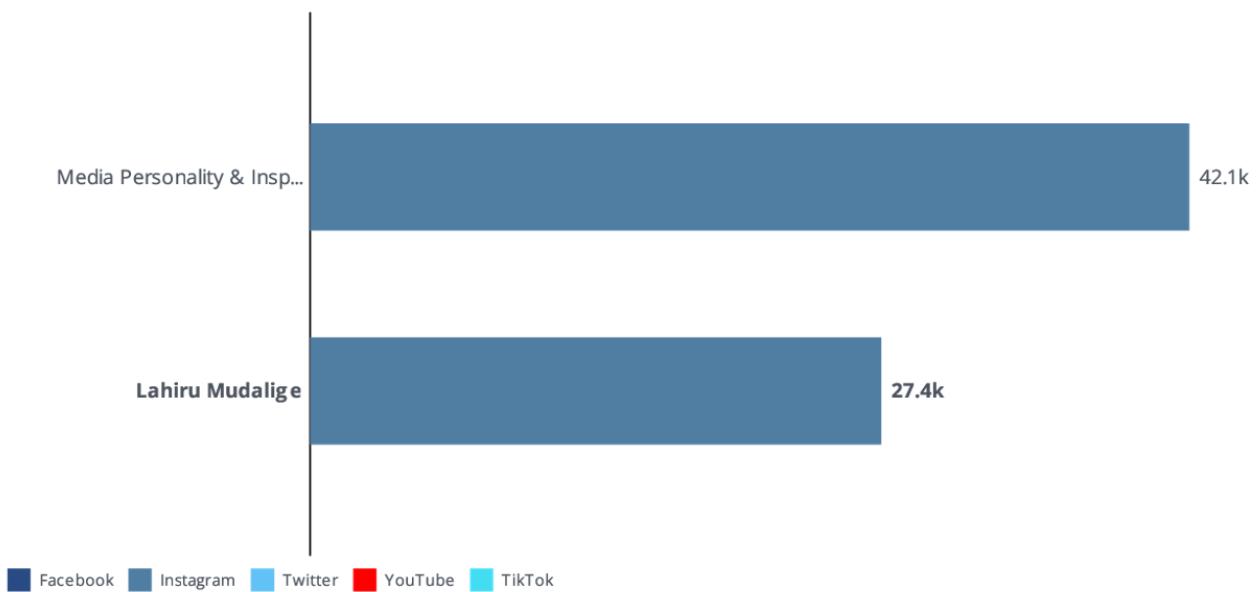
When you have more accounts following you than you follow, the high ratio tells potential followers that your content and brand are widely trusted.



# All Detailed Metrics

Oct. 24, 2023 - Nov. 22, 2023

# Cross-Channel Audience



# Lahiru Mudalige's Posts / Week



Lahiru Mudalige's posting frequency is above average, with about 14 posts per week.

POSTS / WEEK



Lahiru Mudalige

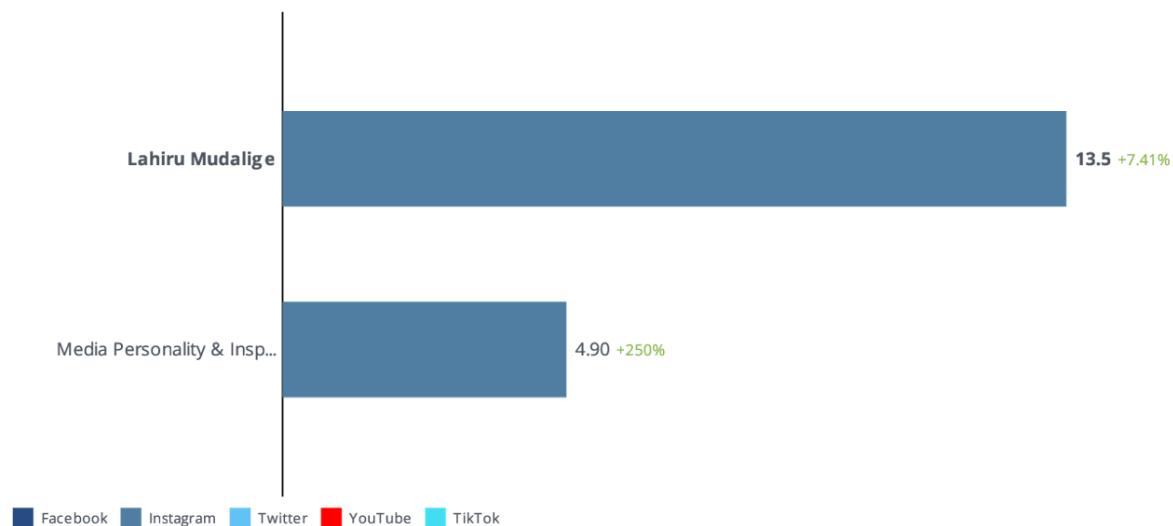


Media Personality & Inspirational Speaker

■ Facebook ■ Instagram ■ Twitter ■ YouTube ■ TikTok

# Cross-Channel Posts / Week

The average number of posts published each week across all of this company's tracked social channels during the selected time period.



# Lahiru Mudalige's Engagement Total

FLAG Lahiru Mudalige is below average for Total Engagement, ranking 2nd of 2 companies. Try putting some energy here.

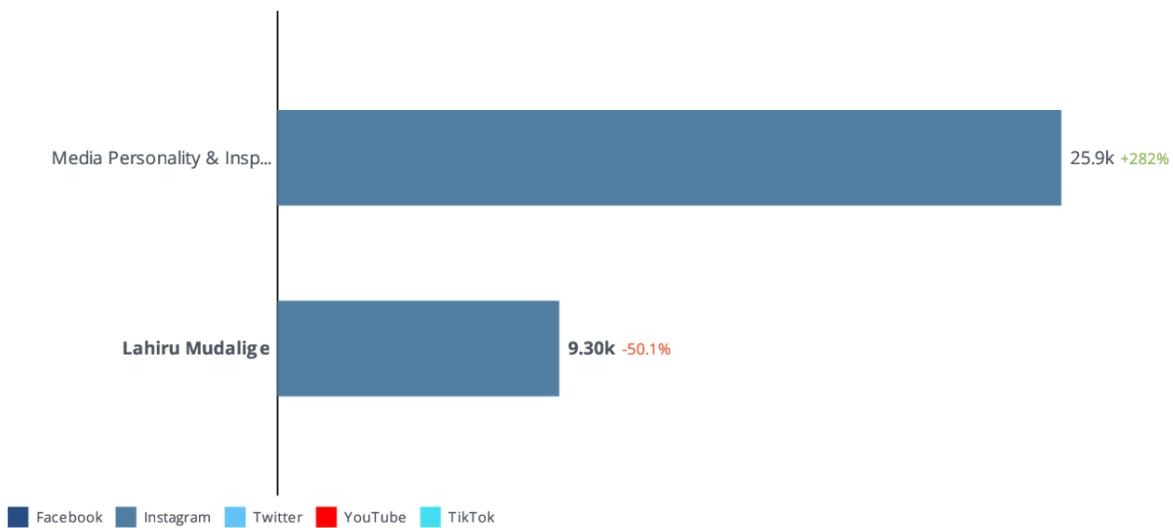
FLAG Lahiru Mudalige's total engagement decreased and saw the biggest drop on Instagram. At the same time, Media Personality & Inspirational Speaker grew and saw the most growth on Instagram.

## ENGAGEMENT TOTAL



# Cross-Channel Engagement Total

The total number of engagement actions across all tracked social channels.



# Lahiru Mudalige at a Glance

YOUR POSTS PER DAY

**1.93**

Landscape Avg.: 1.32

YOUR ENG. RATE

**0.59%**

Post Avg.: 1.42%

YOUR POSTS WITH HASHTAGS

**12.1%**

Post Avg.: 15.2%

YOUR TOP HOUR OF DAY

**1 pm +0530**

Landscape Top: 3am +0530

# Activity & Engagement

YOUR POSTS IN PERIOD

**58**

Landscape Avg.: 39.5

YOUR ENG. RATE

**0.59%**

Post Avg.: 1.42%

Company	Posts	Eng. Rate by Follower
1. Media Personality & Inspirational Speaker	21	2.93%
2. Lahiru Mudalige	58	0.59%

# Hashtags

Of the **8** most broadly used Hashtags, **#kandy** generated the highest Engagement Rate by Follower. You used **5** of these **8** Hashtags, including **#kandy**. Good work!

Hashtag	Companies Using	Posts Using	Eng. Rate by Follower
#lahirumudalige	1	4	1.76%
#free	1	4	2.51%
#harity	1	3	2.28%
#chamindavaas	1	2	1.21%
#thankyouveterans	1	1	3.02%
#mathakamandira	1	1	6.00%
#littleheroes	1	1	3.02%
#kandy	1	1	6.00%

■ Hashtags you used ■ Hashtags you didn't use

# Post Channels

Your most active channel is Instagram. This is also the channel that generates the highest engagement.

YOUR ACTIVITY BY CHANNEL

Post Channel	Posts / Day
Instagram	1.93 / day



LANDSCAPE ACTIVITY AND ENGAGEMENT BY CHANNEL

Post Channel	Posts per Day per Company	Engagement Rate by Follower
Instagram	1.32 / day	1.42%

# Post Types

Your most common post type is Reel. The post type that generates the highest engagement in your landscape is Carousel.

YOUR ACTIVITY BY POST TYPE

Post Type	Posts / Day
Reel	1.87 / day
Photo	0.07 / day

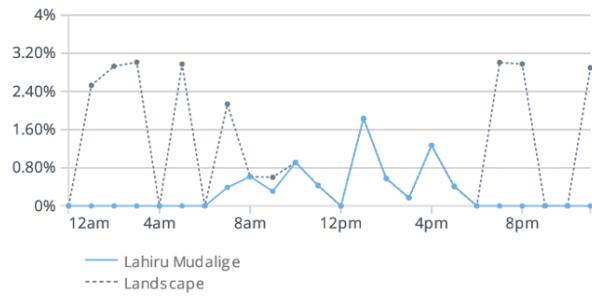


LANDSCAPE ACTIVITY AND ENGAGEMENT BY POST TYPE

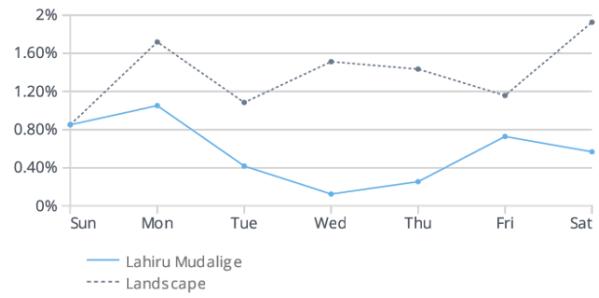
Post Type	Posts per Day per Company	Engagement Rate by Follower
Carousel	0.02 / day	3.21%
Reel	1.25 / day	1.39%
Photo	0.05 / day	1.39%

# Post Times

AVERAGE ENGAGEMENT RATE PER PUBLISHED HOUR (+0530)

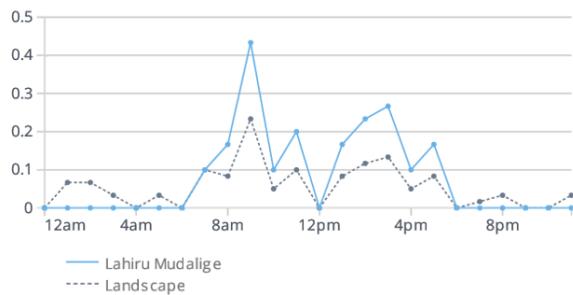


AVERAGE ENGAGEMENT RATE PER PUBLISHED DAY (+0530)

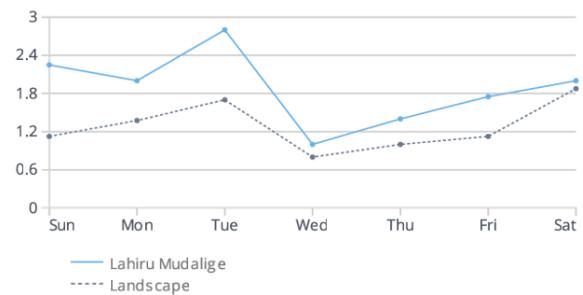


# Average Activity Per Published Hour

AVERAGE ACTIVITY PER PUBLISHED HOUR (+0530)



AVERAGE ACTIVITY PER PUBLISHED DAY (+0530)



# Top Landscape Posts

Published At	Post	Eng. Total	Eng. Rate by Follower ▾
Oct. 30, 2023 1:04 PM +0530	<p><b>Lahiru Mudalige</b> නුවර ලමයි ගුස්තිදාමක මන්දිර තුවට Malith Perera #harity #lahirumudalige #mathakamandira #kandy</p>  	1.64k	6.00%
Nov. 16, 2023 7:12 AM +0530	<p><b>Media Personality &amp; Inspirational Speaker</b> That moment you realize just how lucky you are that it was only a scare! And you have to be grateful for every moment because things could turn on a...</p>  	1.54k	3.66%
Oct. 29, 2023 4:59 PM +0530	<p><b>Lahiru Mudalige</b> Our 6th wedding anniversary celebration</p>  	919	3.36%
Nov. 17, 2023 2:07 AM +0530	<p><b>Media Personality &amp; Inspirational Speaker</b> It's National Adoption month so only fitting that Jelly Bean's Birthday and anniversary of her being placed in my arms is this month! There are so...</p>  	1.35k	3.21%

Published At	Post	Eng. Total	Eng. Rate by Follower ▾
Oct. 31, 2023 11:28 PM +0530	<p><b>Media Personality &amp; Inspirational Speaker</b> When my little unicorn 🦄 finds fall leaves🍂🍁 Jellybeans first time celebrating fall, East Coast style!</p>  	1.35k	3.21%
Oct. 28, 2023 7:57 AM +0530	<p><b>Media Personality &amp; Inspirational Speaker</b> Tempted (or tortured) by the pumpkin cravings? No need to steer clear! Try my easy No-Bake Pumpkin Cheesecakes! Trust me you'll be glad you did! Share...</p>  	1.32k	3.13%
Oct. 24, 2023 1:43 AM +0530	<p><b>Media Personality &amp; Inspirational Speaker</b> Tap once, if you thought the Snickers had more sugar. Tap three times if you thought the coffee drink did. And follow for more fitness tips and tricks.</p>  	1.31k	3.12%
Nov. 20, 2023 9:43 AM +0530	<p><b>Media Personality &amp; Inspirational Speaker</b> Everyone says it goes fast... And they couldn't be more right! How this perfect-for-me little angel is six is mind-blowing! Never mind she woke up this...</p>  	1.30k	3.08%

Report prepared by - Mr Lakindu Indipa  
Email - lakinduindipa06@gmail.com

Published At	Post		Eng. Total	Eng. Rate by Follower ▾
<b>Oct. 25, 2023</b> 2:21 AM +0530	 <b>Media Personality &amp; Inspirational Speaker</b> Did you know I have an Amazon storefront with tons of my favorite kitchen essentials. Comment 'Vitamix' or 'Blender' and I'll DM you a link to my... 		1.27k	3.03%
<b>Nov. 11, 2023</b> 8:33 PM +0530	 <b>Media Personality &amp; Inspirational Speaker</b> A moment of pure gratitude from my little hero, as she earnestly thanks our brave veterans for their sacrifice and service. Witnessing her innocent... 		1.27k	3.02%
<b>Nov. 8, 2023</b> 7:56 AM +0530	 <b>Media Personality &amp; Inspirational Speaker</b> A little behind the scenes of Jelly Bean's vocabulary. 6 years ago this month she burst into my life - and I've been so emotional every year at... 		1.27k	3.02%
<b>Nov. 2, 2023</b> 3:53 AM +0530	 <b>Media Personality &amp; Inspirational Speaker</b> Who's gonna take the challenge? Share this with or tag the buddy who you want to do it with you. 		1.27k	3.02%

Published At	Post		Eng. Total	Eng. Rate by Follower ▾
<b>Nov. 11, 2023</b> 3:16 AM +0530	 <b>Media Personality &amp; Inspirational Speaker</b> Avoid overcrowding your pan and achieve a delicious, restaurant quality without the restaurant calorie experience. Follow for more Kitchen Tips! 		1.27k	3.01%
<b>Oct. 28, 2023</b> 7:30 PM +0530	 <b>Media Personality &amp; Inspirational Speaker</b> Comment 'Casabella' for a DM link to my Amazon storefront with some of these amazing products or for some great Holiday or Home gift ideas! Cleaning... 		1.27k	3.01%
<b>Nov. 15, 2023</b> 5:18 AM +0530	 <b>Media Personality &amp; Inspirational Speaker</b> This may seem like a little thing, but especially when you're following healthy recipes, do you want your measurements, correct. Think about it... 		1.26k	3.00%
<b>Nov. 9, 2023</b> 2:13 AM +0530	 <b>Media Personality &amp; Inspirational Speaker</b> Tap the photo twice if you've never tried this. And go try it! 😊 		1.26k	2.99%

Published At	Post		Eng. Total	Eng. Rate by Follower ▾
<b>Nov. 7, 2023</b> 1:10 AM +0530	 <b>Media Personality &amp; Inspirational Speaker</b> If you think healthy food doesn't taste great, it might be that you need a couple pointers. If you don't dry your herbs, they clump making the...		1.26k	2.98%
<b>Oct. 30, 2023</b> 1:30 AM +0530	 <b>Media Personality &amp; Inspirational Speaker</b> Drying your lettuce as well as you can, seriously makes all the difference in the world. Soggy salad never helps desire to make or eat that next salad...		1.25k	2.96%
<b>Nov. 4, 2023</b> 5:33 AM +0530	 <b>Media Personality &amp; Inspirational Speaker</b> A big thank you, Jenyen! I am bursting with excitement as I now have these fabulous products with me on the East Coast. Leaving LA without them was...		1.24k	2.95%
<b>Nov. 18, 2023</b> 8:30 PM +0530	 <b>Media Personality &amp; Inspirational Speaker</b> Next time you're in the kitchen, remember this measuring tip. Click follow to get more kitchen tips!		1.23k	2.93%

Published At	Post		Eng. Total	Eng. Rate by Follower ▾
<b>Nov. 13, 2023</b> 11:58 PM +0530	 <b>Media Personality &amp; Inspirational Speaker</b> goodcookcom sent me these awesome new pans and beautiful baking essentials! How perfect for preparing separate foods for one meal without having lots...		1.09k	2.58%
<b>Nov. 18, 2023</b> 2:30 AM +0530	 <b>Media Personality &amp; Inspirational Speaker</b> Comment 'Silver' for a link to this product! Build your immunity up for this winter, check out Silver Wings!		1.05k	2.48%
<b>Nov. 10, 2023</b> 2:36 PM +0530	 <b>Lahiru Mudalige</b> දැඩියලු කේට්‌වී 1000 වධා වැඩි මුදලකින් ඉදිකෙරුණු කාමර 120ක් තිබෙන සංවාරක්කින් 500ට වැනි එකටර පහසුකම් සපයන්නට පූජ්‍යත්වයෙන් සිහිලියේ සිදුවුණු අළුත්ම 5 STAR...		676	2.47%
<b>Oct. 24, 2023</b> 1:37 PM +0530	 <b>Lahiru Mudalige</b> මම දැනටත් Fitness නියාගනන ද්‍රව්‍යව සිංහලීම්ටර 10 දුවනවා #srilankacricket #cricket #chamindavaas		565	2.06%

Report prepared by - Mr Lakindu Indipa  
Email - lakinduindipa06@gmail.com

Published At	Post		Eng. Total	Eng. Rate by Follower ▾
<b>Nov. 4, 2023</b> 8:33 AM +0530	 <b>Lahiru Mudalige</b> කොට් ඉහකට වඩා වැඩි වියදමකින් ,අක්සර 18ක ඉන්නු හෝටල් ක්ෂේපුවේ අලුත් රෙකියාවල් 35...		403	1.47%
<b>Nov. 11, 2023</b> 10:41 AM +0530	 <b>Lahiru Mudalige</b> මිය ප්‍රකාශී දැක්වූ උස්සනම හෝටලය මොකක්දමේ මිය දකින්නේ ලොඡම ගෞජ swimming pool දෙකක් නියෙන සියේරය Open උන අලුත් 5Star...		372	1.36%
<b>Nov. 12, 2023</b> 9:31 AM +0530	 <b>Lahiru Mudalige</b> මේ දේශපාලනය වෙනස් කරගෙන මම දේශපාලනයට එකට..මම තෙතුනට බලපෑම් කරන්න නෑ		360	1.31%
<b>Oct. 27, 2023</b> 5:34 PM +0530	 <b>Lahiru Mudalige</b> කිහිප් මස් කුලුලක් ක්‍රියා ආචාර කුමරි තාමන් කුලුල විදියට කුමරි තාලෙට කන්න ප්‍රාථමික ප්‍රතායා		326	1.19%

Report prepared by - Mr Lakindu Indipa  
Email - lakinduindipa06@gmail.com