








Website review sushruthospital.net

Generated on February 13 2026 01:03 AM





The score is 57/100







SEO Content

|  | <p>Title</p> | <p>Useful Digital Habits That Bring Focus, Care, and Meaning to Daily Life</p> <p>Length : 71</p> <p>Ideally, your title should contain between 10 and 70 characters (spaces included). Use this free tool to calculate text length.</p> | | | | | | | | | | | | |
|---|---------------------------|---|----|----|----|----|----|----|---|----|---|---|---|---|
|  | <p>Description</p> | <p>Build practical digital habits that support curiosity, attention, safety, and well-being. Learn how smart tools help you in daily life —without distraction or overload.</p> <p>Length : 168</p> <p>Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use this free tool to calculate text length.</p> | | | | | | | | | | | | |
|  | <p>Keywords</p> | <p>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.</p> | | | | | | | | | | | | |
|  | <p>Og Meta Properties</p> | <p>This page does not take advantage of Og Properties. This tags allows social crawler's better structurize your page. Use this free og properties generator to create them.</p> | | | | | | | | | | | | |
|  | <p>Headings</p> | <table border="1" data-bbox="544 1514 1481 1581"> <thead> <tr> <th>H1</th> <th>H2</th> <th>H3</th> <th>H4</th> <th>H5</th> <th>H6</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>11</td> <td>3</td> <td>0</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul data-bbox="616 1615 1501 2078" style="list-style-type: none"> • [H1] Useful Habits for the Modern Man to Make Life Better • [H2] Habit №1: Learn to Recognize Value with Coin ID Scanner • [H2] Habit №2: Care About the People You Love with Number Tracker • [H2] Habit №3: Get Curious About Nature with Plant Finder • [H2] Habit №4: Train Your Brain Daily with Mind Elevate • [H2] Habit №5: Plan a Tattoo with AI Tattoo Art Studio • [H2] Habit №6: Write, Learn, and Solve Faster with AI Chat Bot & Virtual Helper • [H2] Habit №7: Track Health Consistently with Heart Pulse Monitor - Health Log • [H2] Habit №8: Keep Your Connection Private with VPN Security - Secure Shield • [H2] Habit №9: Make Speed and Privacy Predictable with VPN | H1 | H2 | H3 | H4 | H5 | H6 | 1 | 11 | 3 | 0 | 0 | 0 |
| H1 | H2 | H3 | H4 | H5 | H6 | | | | | | | | | |
| 1 | 11 | 3 | 0 | 0 | 0 | | | | | | | | | |

SEO Content

| | | |
|---|-----------------|--|
| | | <p>Fast Proxy VON</p> <ul style="list-style-type: none"> • [H2] Small Steps - Big Changes • [H2] More articles • [H3] Understanding the Importance of Orthopedic Belts in Sports • [H3] Understanding Common Orthopedic Injuries: Prevention, Treatment, and Recovery Tips • [H3] Treasure-like or Regular? Discover Bicentennial Quarters Like a Pro |
|  | Images | <p>We found 35 images on this web page.</p> <p>11 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.</p> |
|  | Text/HTML Ratio | <p>Ratio : 36%</p> <p>Ideal! This page's ratio of text to HTML code is between 25 and 70 percent.</p> |
|  | Flash | Perfect, no Flash content has been detected on this page. |
|  | Iframe | Great, there are no Iframes detected on this page. |

SEO Links

| | | |
|---|-------------------------|---|
|  | URL Rewrite | Good. Your links looks friendly! |
|  | Underscores in the URLs | Perfect! No underscores detected in your URLs. |
|  | In-page links | We found a total of 4 links including 0 link(s) to files |
|  | Statistics | <p>External Links : noFollow 0%</p> <p>External Links : Passing Juice 0%</p> <p>Internal Links 100%</p> |

In-page links

| Anchor | Type | Juice |
|--------|------|-------|
|--------|------|-------|

In-page links

| | | |
|-----------------------|----------|---------------|
| Home | Internal | Passing Juice |
| Blog | Internal | Passing Juice |
| Pages | Internal | Passing Juice |
| About | Internal | Passing Juice |

SEO Keywords



Keywords Consistency












| Keyword | Content | Title | Keywords | Description | Headings |
|------------|---------|-------|----------|-------------|----------|
| app | 14 | ✘ | ✘ | ✘ | ✘ |
| orthopedic | 13 | ✘ | ✘ | ✘ | ✔ |
| care | 12 | ✔ | ✘ | ✘ | ✔ |
| habit | 12 | ✔ | ✘ | ✔ | ✔ |
| choose | 10 | ✘ | ✘ | ✘ | ✘ |

Usability

| | | |
|--|--------------|---|
| | Url | Domain : sushruthospital.net Length : 19 |
| | Favicon | Great, your website has a favicon. |
| | Printability | We could not find a Print-Friendly CSS. |
| | Language | Good. Your declared language is en. |
| | Dublin Core | This page does not take advantage of Dublin Core. |

Usability


Document

| | | |
|---|-----------------|---|
|  | Doctype | HTML 5 |
|  | Encoding | Perfect. Your declared charset is UTF-8. |
|  | W3C Validity | Errors : 0 Warnings : 0 |
|  | Email Privacy | Great no email address has been found in plain text! |
|  | Deprecated HTML | Great! We haven't found deprecated HTML tags in your HTML. |
|  | Speed Tips | <ul style="list-style-type: none"> Excellent, your website doesn't use nested tables. Too bad, your website is using inline styles. Too bad, your website has too many CSS files (more than 4). Perfect, your website has few JavaScript files. Perfect, your website takes advantage of gzip. |

Mobile

| | | |
|--|---------------------|--|
|  | Mobile Optimization | <ul style="list-style-type: none"> Apple Icon Meta Viewport Tag Flash content |
|--|---------------------|--|

Optimization

| | | |
|--|-------------|--|
|  | XML Sitemap | Great, your website has an XML sitemap. https://sushruthospital.net/sitemap.xml |
| | Robots.txt | http://sushruthospital.net/robots.txt |

Optimization

| | | |
|--|-----------|---|
|  | | Great, your website has a robots.txt file. |
|  | Analytics | <p>Missing</p> <p>We didn't detect an analytics tool installed on this website.</p> <p>Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.</p> |