

# Zomi Proverbs and Their Meanings

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## Zomi Proverbs - Thumal

1. Gam leh nam - Country and people

Meaning: A nation is defined by its people.

Usage: Used to emphasize community unity.

2. Thukham leh biakna - Law and worship

Meaning: Governance and faith go hand in hand.

Usage: Spoken in discussions about social order.

3. Zogam ah Zo damnak - In Zoland, Zo prosperity

Meaning: True prosperity comes from ones homeland.

4. Innkuan leh gamsung - Family and community  
Meaning: Family is the foundation of society.  
Usage: Used in family gatherings and celebrations.
  
5. Thupi leh thulang - Important and trivial matters  
Meaning: Know what truly matters in life.  
Usage: Advice for prioritizing wisely.
  
6. Lai leh sa - Spirit and flesh  
Meaning: Balance spiritual and physical needs.  
Usage: Guidance for holistic living.

7. Galkapna leh thinnuamna - Courage and peace

Meaning: True courage leads to lasting peace.

Usage: Encouragement during difficult times.

8. Tangthu leh tuunlai - History and present

Meaning: Learn from the past to build the future.

Usage: Spoken by elders to the younger generation.

9. Phatna leh lungdamna - Praise and joy

Meaning: Gratitude brings happiness.

10. Ngeina leh hoihna - Humility and goodness  
Meaning: Humility is the path to true goodness.  
Usage: Teaching children about character.
  
11. Siamna leh theihna - Skill and knowledge  
Meaning: Combine practical skills with wisdom.  
Usage: Encouragement for students.
  
12. Damnak leh hausakna - Health and wealth  
Meaning: Health is the greatest wealth.