The date and time are commonly used data types in MySQL. In this major project, you have to insert a new booking with the booking date and time from form submission in PHP on some page. Suppose you have a date input and a time input device whose name attributes are bookDate and bookTime respectively in the form and the method of the form is POST, you can use the following functions date and strtotime to convert the submitted values to date and time in MySQL format.

```php
<?php

$bDate=$_POST["bookDate"];

$bTime=$_POST["bookTime"];

$bDate=date('Y-m-d',strtotime($bDate));

$bTime = date('H:i:s',strtotime($bTime));

…

?>
```