The SQL INSERT INTO Statement is used to add new rows of data to a table in the database.

Syntax:

There are two basic syntax of INSERT INTO statement is as follows:

```
INSERT INTO TABLE_NAME (column1, column2, column3,...columnN)]
VALUES (value1, value2, value3,...valueN);
```

Here column1, column2,...columnN are the names of the columns in the table into which you want to insert data.

You may not need to specify the column(s) name in the SQL query if you are adding values for all the columns of the table. But make sure the order of the values is in the same order as the columns in the table. The SQL INSERT INTO syntax would be as follows:

```
INSERT INTO TABLE_NAME VALUES (value1, value2, value3, ... valueN);
```

Example:

Following statements would create six records in CUSTOMERS table:

```
INSERT INTO CUSTOMERS (ID,NAME,AGE,ADDRESS,SALARY)
VALUES (1, 'Ramesh', 32, 'Ahmedabad', 2000.00 );

INSERT INTO CUSTOMERS (ID,NAME,AGE,ADDRESS,SALARY)
VALUES (2, 'Khilan', 25, 'Delhi', 1500.00 );

INSERT INTO CUSTOMERS (ID,NAME,AGE,ADDRESS,SALARY)
VALUES (3, 'kaushik', 23, 'Kota', 2000.00 );

INSERT INTO CUSTOMERS (ID,NAME,AGE,ADDRESS,SALARY)
VALUES (4, 'Chaitali', 25, 'Mumbai', 6500.00 );

INSERT INTO CUSTOMERS (ID,NAME,AGE,ADDRESS,SALARY)
VALUES (5, 'Hardik', 27, 'Bhopal', 8500.00 );

INSERT INTO CUSTOMERS (ID,NAME,AGE,ADDRESS,SALARY)
VALUES (6, 'Komal', 22, 'MP', 4500.00 );
```

You can create a record in CUSTOMERS table using second syntax as follows:

```
INSERT INTO CUSTOMERS
VALUES (7, 'Muffy', 24, 'Indore', 10000.00 );
```

All the above statement would product following records in CUSTOMERS table:

+----+

Populate one table using another table:

You can populate data into a table through select statement over another table provided another table has a set of fields which are required to populate first table. Here is the syntax:

```
INSERT INTO first_table_name [(column1, column2, ... columnN)]
   SELECT column1, column2, ...columnN
   FROM second_table_name
   [WHERE condition];
```