```csharp
using System;
using System.Collections.Generic;
using System.ComponentModel;
using System.Linq;
using System.Net;
using System.Net.Http;
using System.Net.Mail;
using System.Text;
using System.Threading.Tasks;

namespace SMTPConsoleApp
{
    internal class Program
    {
        static void Main(string[] args)
        {
            var basicCredential = new NetworkCredential("YourEmail", "YourPassword");

            // Initialize SMTP.
            //SmtpClient client = new SmtpClient("smtp.gmail.com", 587);
            SmtpClient client = new SmtpClient();
            client.Host = "smtp.gmail.com";
            client.Port = 587;
            client.UseDefaultCredentials = false;
            client.EnableSsl = true;
            client.Credentials = basicCredential; // Ask smpt use your credential


            // Specify the email sender.
            MailAddress from = new MailAddress("tuhoctiengnhat.edu@gmail.com");
            // Create a mailing address that includes a UTF8 character in the display
            name.
            //MailAddress from = new MailAddress("uvgiau@gmail.com", "Giàu Ung",
            System.Text.Encoding.UTF8);

            // Set destinations for the email message.
            MailAddress to = new MailAddress("uvgiau@gmail.com");

            // Specify the message content.
            MailMessage message = new MailMessage(from, to);

            message.Subject = "Test message 1";
            message.SubjectEncoding = System.Text.Encoding.UTF8;

            message.Body = "This is a test email message sent by an application. ";
            message.BodyEncoding = System.Text.Encoding.UTF8;

            //message.IsBodyHtml = true;
            //message.Body = "<h1>your message body</h1>";

            // Send the email
            client.Send(message);

            // Clean up.
            message.Dispose();

            Console.WriteLine("Goodbye.");
            Console.ReadLine();
        }
    }
}
```