```python
# importing libraries
from flask import Flask
from flask_mail import Mail, Message

app = Flask(__name__)
mail = Mail(app) # instantiate the mail class

# configuration of mail
app.config['MAIL_SERVER']='smtp.gmail.com'
app.config['MAIL_PORT'] = 465
app.config['MAIL_USERNAME'] = 'pnt2022tmid09738@gmail.com'
app.config['MAIL_PASSWORD'] = 'Skilljobrecommender09738'
app.config['MAIL_USE_TLS'] = False
app.config['MAIL_USE_SSL'] = True
mail = Mail(app)

# message object mapped to a particular URL '/'
@app.route("/")
def index():
    msg = Message(
                'Hello',
                sender ='Mouli sankar',
                recipients = ['                        ']
            )
    msg.body = 'Hello Flask message sent from Flask-Mail'
    mail.send(msg)
    return 'Sent'

if __name__ == '__main__':
    app.run(debug = True)
```

Output:

```
PS C:\Users\Mouli Sankar\Desktop\IBM\IBM-Project-5064-1658747040> & "C:/Users/Mouli Sankar/AppData/Local/Programs/Python/Python311/python.exe" "c:/Users/Mouli Sankar/
Desktop/IBM/IBM-Project-5064-1658747040/Tasks/demo.py"
 * Serving Flask app 'demo'
 * Debug mode: on
WARNING: This is a development server. Do not use it in a production deployment. Use a production WSGI server instead.
 * Running on http://127.0.0.1:5000
Press CTRL+C to quit
 * Restarting with stat
 * Debugger is active!
 * Debugger PIN: 359-800-093
127.0.0.1 - - [19/Nov/2022 10:08:22] "GET / HTTP/1.1" 500 -
```