Steps:

step1: Get Gmail Id and Password

Step2: login into ubuntu and switch to root using: sudo su -

Step3: Run below commands:

apt-get update -y

apt-get install sendmail mailutils -y

Step4: Create authentication file

cd /etc/mail

- mkdir -m 700 authinfo
- cd authinfo/
- vi gmail

add the below conntent

AuthInfo: "U:root" "I:your-mail@gmail.com"
"P:your-password"

Now edit your mail id and password

Step5: create hash map of the file:

makemap hash gmail < gmail

Step6: Got to /etc/mail and open sendmail.mc

then Add the following lines to sendmail.mc file right above MAILER DEFINITIONS:

- #GMail settings:
- define(`SMART_HOST',`[smtp.gmail.com]')dnl
- define(`RELAY_MAILER_ARGS', `TCP \$h 587')dnl
- define(`ESMTP_MAILER_ARGS', `TCP \$h 587')dnl
- define(`confAUTH OPTIONS', `A p')dnl
- TRUST_AUTH_MECH(`EXTERNAL DIGEST-MD5 CRAM-MD5 LOGIN PLAIN')dnl
- dofing/'confailth raccharicaaci 'evtedriai

Step7: Now run below two command from /etc/mail

- make
- /etc/init.d/sendmail reload

Step8: Now open https://www.google.com/settings/security/lesssecureapps

and Allow less secure apps: ON

Step9: Verify the test mail using

 echo "Demo" | mail -s "Status of Httpd" dowithscripting@gmail.com

echo "Demo" | mail -s "Status of Httpd" dowithscripting@gmail.com -A demo.txt