

STEP 1 — 2FA (Two-Step Verification) ON kijiye

1. Open: <https://myaccount.google.com/security>
2. Scroll → "Signing in to Google"
3. Turn on 2-Step Verification
4. OTP verify kar lijiye

STEP 2 — App Password generate kijiye

1. Same page par jaana hoga:
<https://myaccount.google.com/security>
2. App passwords option dikh jaayega (2FA ON hone ke baad)
3. Login again (Google asks password)v
4. Choose:
 - App → Mail
 - Device → Other (Custom name)
 - Type: Lyfshilp Backend
5. Click Generate

Google aapko 16-digit SMTP App Password dega: