```csharp
using System.Net.Mail;

public void SendMail(string from,string To,String Subject,string Body)
        {
            MailMessage mail = new MailMessage(from, To);
            mail.Subject = Subject;
            mail.Body = Body;

            //Attachment attachment = new Attachment(@"");
            //mail.Attachments.Add(attachment);
            SmtpClient client = new SmtpClient("smtp.gmail.com", 587);

            client.Credentials = new System.Net.NetworkCredential()
            {
                UserName = "",
                Password = "--"

            };
            client.EnableSsl = true;
            client.Send(mail);

        }
```