makikita ito sa mail.php

1. first sign in your email or dummy acc in email

$mail->Username = "input here your email address";

to create app password or password for this:

$mail->Password = "paste your app password";

1. open chrome

2. search "myaccount.gooogle.com"

3. click security

4. click 2 step verification

5. scroll down and then click app password

6. in App name put dot then create

7. copy the generate password

7. paste here

in forgot1.php

change database name, table name and location

PADAYON LANG GUYS...