Update an Existing Record

- Fetch the Record: Query the database to retrieve the record you want to update using SQLAlchemy's querying capabilities.

- Modify the Data: Modify the attributes of the retrieved object to update the data.

- Commit the Changes: Use `db.session.commit()` to save the changes to the database.

```
>>> u = User.query.get(1)
>>> u.login_name='dara1'
>>> db.session.commit()
```