1. **in GitHub Desktop**->  Click **Fetch Origin** to check for updates.
2. Go to **Branch > Merge into Current Branch**.
3. Select **main** to pull the latest changes from the upstream repository.
4. Click **Push Origin** to update your fork with the latest changes.

After that, you would want to commit your changes and push them to the main branch:

1. **in GitHub Desktop ->**Review the list of changes in the **Changes** tab.
2. Add a commit message describing your updates.
3. Click **Commit to main** to save the changes locally.
4. Click **Push Origin** to upload the changes to your GitHub repository.

GITHUB

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