Programming Paradigm

We write lines of codes that are executed in chunks.
Paradigm is an approach to solve some problem or do some tasks.
Writing your code or organizing it involved different methodology, popular ones are-

Procedural Programming- A programming paradigm that involves writing computer programs as a series of instructions, or procedures, that call each other.
It store local data that's not accessible outside of the procedure's scope, and can also access and modify global data variables. It follows a top-down approach.
Examples: C, FORTRAN, Pascal, Basic, etc.

Object Oriented programming- Try to map the code or instructions of program with real world entity involving data. Objects contain data in the form of attributes and perform action in the form of methods. Object-oriented programming follows a bottom-up approach.
Object-oriented programming provides data hiding so it is more secure.
Examples: Kotlin, C++, Java, Python, C#, etc.

All these ways are correct in different requirements no one is best or bad. However, most of large-scale industrial s/w follows Object Oriented