1. The four pillars of Object-Oriented Programming are: abstraction, encapsulation, inheritance, and polymorphism. Abstraction is the consolidation of complex ideas into simple concepts. Encapsulation is restricting access to an object's components. Inheritance is deriving new classes from existing ones. Lastly, Polymorphism is using a single symbol or interface to represent multiple different types of entities.
https://backend.turing.edu/module1/lessons/four_pillars_of_oop
2. An object is a specific element of a class. For example, this is like thinking of my specific cat, named Flurry, as an object which belongs the class of cats.
https://caml.inria.fr/pub/docs/oreilly-book/html/book-ora140.html#:~:text=an%20object%20is%20an%20element,object%20is%20able%20to%20perform