**OOP**

* OOP Stands For Object Oriented Programming language
* OOP Follows a Bottom-up Approach
* Inheritance Is supported
* Encapsulation is used to hide data
* A program is divided into objects and their interactions.
* Example : C++, Java

**POP**

* POP Stands For Procedural Programming Language
* POP Follows Top-Down Approach
* Inheritance Is not Supported
* No Data Hiding Present
* A program is divided into functions and they interact.
* Example : c