**Object-Oriented Programming (OOP)** is a programming paradigm that structures software using **classes** and **objects**, allowing for reusable code blueprints and creating individual instances of those objects. Here are some free resources to learn OOP in different programming languages:

1. **Object-Oriented Programming (OOPs) for JAVA Interviews**: This Udemy course covers essential OOP concepts in Java, including classes, inheritance, polymorphism, and more.
2. [**Learn Java: Object-Oriented Programming**](https://www.codecademy.com/learn/learn-java-object-oriented-programming): Codecademy offers a course where you’ll learn how to create your own classes, objects, and explore built-in Java classes.
3. [**An Introductory Course to Object Oriented Programming**](https://www.udemy.com/course/an-introductory-course-to-object-oriented-programming/): This Udemy course provides an introduction to OOP concepts and design principles.
4. [**Learn Object Oriented Programming Basics in 30 Minutes: A Free Crash Course**](https://www.freecodecamp.org/news/object-oriented-programming-crash-course/): A quick crash course that explains the basics of OOP in just 30 minutes.
5. [**Coursera**](https://www.coursera.org/courses?query=object%20oriented%20programming): Coursera offers various courses related to OOP in different languages. You can explore their offerings and find the one that suits your needs.

Remember that understanding OOP concepts is crucial for writing robust programs and solving real-world problems. Happy learning! 🚀