What is the difference between OOP and POP?

Features	OOP	POP
Basic Approach	Emphasizes classes, objects, inheritance, and encapsulation.	Focuses on interfaces or protocols over class hierarchies.
Data Control and Hiding	Heavily emphasizes data control through encapsulation.	Focuses more on function-oriented design over data encapsulation.
Inheritance	Supports inheritance with various access levels.	Involves designing interfaces/protocols for multiple class adherence.
Polymorphism	Achieves polymorphism through compile-time and runtime mechanisms.	Leverages interface-based programming for polymorphic behavior.
Code Reusability	Promotes code reusability via inheritance and polymorphism.	Code reusability might be less pronounced; relies on explicit protocol adherence.
Language Features	Provides robust support for classes, objects, inheritance, etc.	Uses abstract classes, function pointers, and protocols/interfaces for design.