In[41]:= `TableForm[Select[Table[{x, 2 x - 1}, {x, 1, 2021}], IntegerQ[Sqrt[#[[2]]]] &],`
     `TableHeadings → {None, {"k", "2k-1"}}]`

Out[41]//TableForm=

k	2k−1
1	1
5	9
13	25
25	49
41	81
61	121
85	169
113	225
145	289
181	361
221	441
265	529
313	625
365	729
421	841
481	961
545	1089
613	1225
685	1369
761	1521
841	1681
925	1849
1013	2025
1105	2209
1201	2401
1301	2601
1405	2809
1513	3025
1625	3249
1741	3481
1861	3721
1985	3969