

1.

$$\sum_{i=0}^n \binom{n}{i}^2 = \binom{2n}{n}.$$

The left-hand side counts n -point subsets S of $\{1, 2, \dots, 2n\}$ as follows: First choose the size i of the intersection $S \cap \{1, 2, \dots, n\}$, then choose this intersection, and finally choose the i -point set $\{n+1, n+2, \dots, 2n\} - S$.

2.

$$\sum_{i=1}^n \binom{i}{k} = \binom{n+1}{k+1}.$$

The left-hand side counts $(k+1)$ -point subsets S of $\{1, 2, \dots, n+1\}$ as follows: First choose the largest element $i+1$ of S and then choose the k -point set $S \cap \{1, 2, \dots, i\}$.