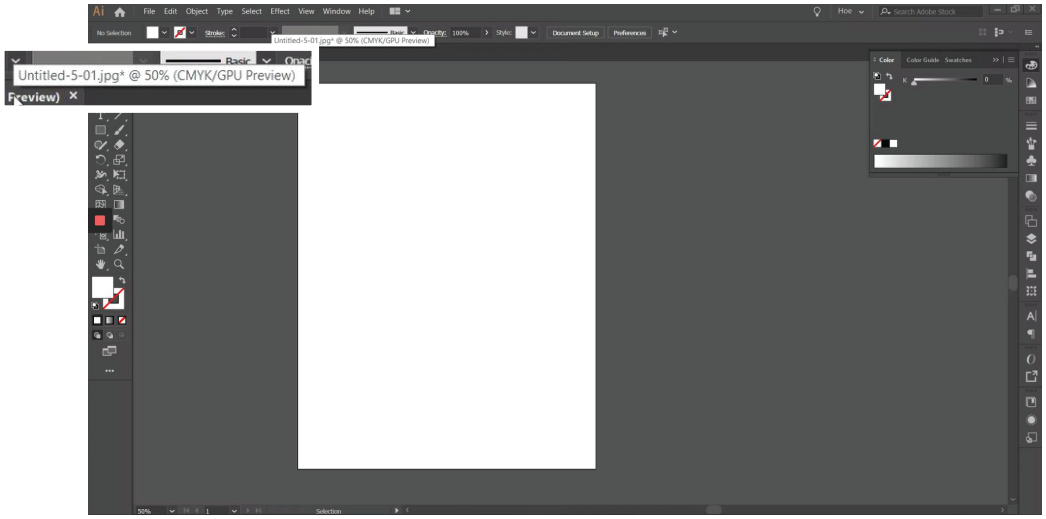
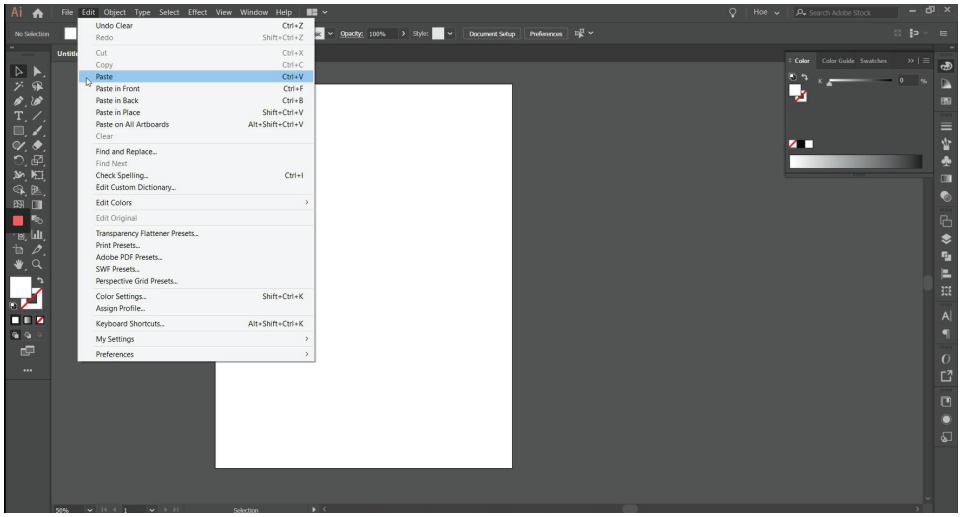
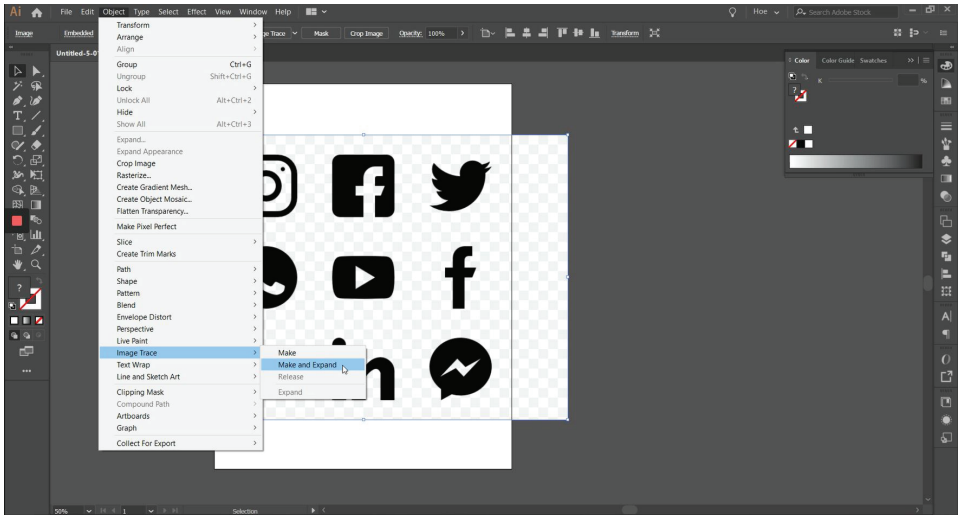
Step 1 : Ensure the document mode in CMYK.



Step 2 : Copy and paste/ Open the JPEG file in Adobe Illustrator.



Step 3 : Select the photo and go to Object > Image Trace > Make and Expand.