File Upload Vulnerability:
A feature for hackers to upload malicious files and gain access and the privilege escalation.
A file may be a of any extension you know.
Inorder to understand how to do it. Analyse how the application will stop you from upkoading a malicious file. Most of the applications will validate the file extension. If the application backend code is only for checking extension and if matches in allowed list then it will accept otherwise it wont.
But there's something extra rather then only a file extension and it is "content type"[HEADER]
it will describe about the contents in the file.

Validate file extensions
Validate MIME type
Check Content-Type Headers
Use Content Scanning & Filtering

While in practical understand its logic whats happening when you uploaded a image
for node.js based application its not possible for remote code execution