Note: In questions of finding limit involving greatest integer function [ ], fractional part function { }, least integer function ( ), modulus function $|\ |$ etc., it is advisable to find LHL and RHL both.

$$\text{LHL} = \lim_{h\to 0}\left[\frac{Sin[-h-3]}{[-h-3]}\right]$$
$$= \lim_{h\to 0}\left[\frac{Sin(-4)}{-4}\right]$$
$$= \lim_{h\to 0}\left[\frac{Sin4}{4}\right]$$
$$= \lim_{h\to 0}\left[\frac{-\text{ve fraction}}{4}\right]$$ (as $\pi < 4 < \frac{3}{2}\pi$, which means that 4 lies in third quadrant. Sin is –ve in third quadrant.)
$$=-1$$

$$\text{RHL} = \lim_{h\to 0}\left[\frac{Sin[h-3]}{[h-3]}\right]$$
$$= \lim_{h\to 0}\left[\frac{Sin(-3)}{-3}\right]$$
$$= \lim_{h\to 0}\left[\frac{Sin3}{3}\right]$$
$$= \lim_{h\to 0}\left[\frac{+\text{ve fraction}}{3}\right]$$ (as $\frac{\pi}{2} < 3 < \pi$, which means that 3 lies in second quadrant. Sin is +ve in second quadrant.)
$$=0$$

Since, LHL $\neq$ RHL, the limit does not exist.